

FIESTA BURGERS CON QUESO

Total preparation and cooking time: 30 to 35 minutes

- 1 pound ground beef**
- 1/4 cup finely chopped onion**
- 1 jalapeño pepper, minced**
- 2 tablespoons finely chopped fresh cilantro**
- 1/2 cup shredded Chihuahua cheese, divided**
- 4 small tortillas, warmed *or* hamburger buns, split, toasted**

Toppings: Thinly sliced lettuce, chopped tomato, avocado slices, salsa, sour cream, guacamole (optional)

1. Combine ground beef, onion, jalapeño, cilantro and 1/4 cup cheese in medium bowl, mixing lightly but thoroughly. Lightly shape into four 1/2-inch thick patties.
2. Heat large nonstick skillet over medium heat until hot. Place patties in skillet; cook 10 to 12 minutes to medium (160°F) doneness, until not pink in center and juices show no pink color, turning occasionally. About 3 minutes before burgers are done, top evenly with remaining 1/4 cup cheese.
3. Place burgers in tortillas or buns; season with salt and black pepper, as desired. Top with desired toppings.

Makes 4 servings.

***Cook's Tip:** To charcoal grill, place patties on grid over medium, ash-covered coals. Grill, uncovered, 11 to 13 minutes to medium (160°F) doneness, until not pink in center and juices show no pink color, turning occasionally.*

***Cook's Tip:** To gas grill, preheat grill according to manufacturer's directions for medium heat. Grill patties, covered, 7 to 8 minutes to medium (160°F) doneness, until not pink in center and juices show no pink color, turning occasionally.*

***Nutrition information per serving:** 324 calories; 18 g fat (8 g saturated fat; 7 g monounsaturated fat); 88 mg cholesterol; 170 mg sodium; 14 g carbohydrate; 1.9 g fiber; 25 g protein; 5.2 mg niacin; 0.4 mg vitamin B₆; 2.4 mcg vitamin B₁₂; 2.6 mg iron; 20.6 mcg selenium; 6.0 mg zinc.*

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, selenium and zinc, and a good source of iron.