



Birria Grilled Cheese



Entire recipe: 289 calories, 14g total fat (5.5g sat. fat), 859mg sodium, 23g carbs, 5.5g fiber, 3.5g sugars, 21g protein

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Prep: 10 minutes **Cook:** 10 minutes

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Ingredients

- 1/4 cup [Trader Joe's Beef Birria](#) (freezer)
- 2 tbsp. finely chopped onion
- 1 tbsp. salsa verde
- 2 slices light bread
- 1/4 cup shredded reduced-fat Mexican-blend cheese
- 1 tsp. chopped cilantro
- 2 tsp. light butter, divided

Directions

To prepare birria, puncture film, and microwave for 2 1/2 minutes. Remove film and stir. Microwave for 2 1/2 more minutes, or until hot. Shred meat, and stir well.

Meanwhile, bring a skillet sprayed with nonstick spray to medium-high heat. Add onion. Cook and stir until lightly browned, about 3 minutes. Remove skillet from heat.

Measure out 1/4 cup birria. (Reserve remaining birria for another use.) Lightly drain sauce into a small dish, and reserve for dipping. Transfer birria meat to a medium bowl. Add onion and salsa. Mix well.

Top one slice of bread with 2 tbsp. cheese, birria mixture, cilantro, remaining 2 tbsp. cheese, and remaining bread slice. Spread the top of the sandwich with 1 tsp. butter.

If needed, clean skillet. Respray with nonstick spray, and bring to medium heat. Add sandwich, buttered side down. Spread the top with remaining 1 tsp. butter.

Cook until bread is golden brown and cheese has melted, about 2 minutes per side, flipping carefully.

Serve with reserved sauce for dipping.

MAKES 1 SERVING

HG Alternative: If you can't find light bread (the kind with about 45 calories per slice), feel free to use your bread of choice and adjust the calorie count accordingly.

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