



## Cheesy BBQ Burgers



1/4 of recipe (1 patty): 203 calories, 6.5g total fat (3g sat. fat), 558mg sodium, 6g carbs, 0g fiber, 4.5g sugars, 25.5g protein

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**Prep:** 10 minutes    **Cook:** 20 minutes



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### Ingredients

4 wedges [The Laughing Cow Light Creamy Swiss cheese](#)  
3 tbsp. BBQ sauce, divided  
1 lb. raw extra-lean ground beef (at least 95% lean)  
1/4 cup finely chopped red onion  
2 tbsp. finely chopped cilantro  
1/4 tsp. garlic powder  
1/4 tsp. onion powder  
1/4 tsp. salt  
1/4 tsp. black pepper

### Directions

In a medium bowl, thoroughly mix cheese wedges with 2 tbsp. BBQ sauce.

In a large bowl, thoroughly mix all other ingredients, including the remaining 1 tbsp. BBQ sauce. Evenly divide mixture into four portions.

Evenly divide one portion in half, and flatten each half into a thin patty. Place 1/4 of cheese mixture in the center of one patty. Top with the other patty, and squeeze edges to seal, forming one stuffed patty. Repeat to make 3 more stuffed patties.

Bring a grill pan (or large skillet) sprayed with nonstick spray to medium-high heat. Cook patties for 4–8 minutes per side, until cooked to your preference.

#### MAKES 4 SERVINGS

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