



Jalapeño Popper Stuffed Burger Patties



1/4th of recipe (1 patty): 227 calories, 8g total fat (4g sat. fat), 425mg sodium, 9.5g carbs, 1.5g fiber, 2.5g sugars, 27.5g protein

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Prep: 15 minutes **Cook:** 15 minutes



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Ingredients

3/4 cup chopped onion
1/4 cup light/reduced-fat cream cheese
1/4 cup jarred jalapeño peppers, drained and roughly chopped
1/2 tsp. + 1/8 tsp. garlic powder
1/2 tsp. + 1/8 tsp. onion powder
1 lb. raw extra-lean ground beef (4% fat or less)
1/3 cup whole-wheat panko breadcrumbs
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute
1/4 tsp. each salt and black pepper

Directions

Bring a skillet sprayed with nonstick spray to medium-high heat. Cook and stir onion until softened and browned, about 5 minutes. Transfer to a medium bowl.

Add cream cheese, chopped jalapeño peppers, 1/8 tsp. garlic powder, and 1/8 tsp. onion powder. Mix until uniform.

In a large bowl, thoroughly mix all remaining ingredients, including remaining 1/2 tsp. garlic powder, and remaining 1/2 tsp. onion powder. Divide into four portions.

Divide one portion in half, and flatten each half into a thin patty. Place 1/4th of cream cheese mixture (about 3 tbsp.) 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 sprayed with nonstick spray to medium-high heat. Grill patties for 4 minutes with the grill cover down.

Flip patties. With the grill cover down, grill for 4 more minutes, or until cooked to your preference.

MAKES 4 SERVINGS

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