

Cheeseburgers with Grilled Onions

Servings: 4 @ 6 points, 8 points plus

Preparation Time: 12 min

Cooking Time: 10 min

Level of Difficulty:

Easy Ingredients:

1 pound(s) uncooked lean ground beef (with 7% fat)

1 medium garlic clove(s), minced

1/4 tsp table salt

1/8 tsp black pepper

1/4 cup(s) low-fat shredded cheddar cheese, sharp-variety

1/2 small red onion(s), cut into 4 thin slices

1/2 tsp olive oil

1/8 tsp dried oregano, crushed

4 item(s) reduced-calorie hamburger roll(s)

1 small tomato(es), cut into 8 thin slices

Instructions:

Preheat grill to medium-hot heat. In a medium bowl, gently combine beef, garlic, salt and pepper; form into four 1/2-inch-thick patties. Place on grill and cook 4 to 5 minutes on one side; flip and continue cooking until desired degree of doneness, about 3 to 4 minutes more. Sprinkle each burger with 1 tablespoon of cheese; cook until cheese melts, about 1 minute. Meanwhile, brush both sides of onion with oil. Grill until bottom is lightly browned, about 3 to 4 minutes. Flip onion and sprinkle with oregano; grill for 2 to 3 minutes more. Lightly toast open-faced buns on grill. Place burgers on buns and top each with onion and tomato slices. Yields 1 cheeseburger per serving

