

Tex-Mex Burgers with Charred Onion, Salsa and avocado

Servings: 4 @ 5 Points

Ingredients

1 pound(s) uncooked lean ground beef (with 7% fat)
1/2 cup(s) cilantro, fresh, chopped, divided
4 oz canned green chili peppers, drained, diced
1 tsp chili powder
1 tsp minced garlic
1/2 medium Vidalia onion(s), cut into four 1/4-inch-thick rounds
3 spray(s) cooking spray
4 cup(s) romaine lettuce, shredded
1/2 cup(s) salsa
2/3 medium avocado, Hass, diced

Instructions

Preheat grill (or grill pan).

In a large bowl, combine beef, 1/4 cup of cilantro, green chilies, chili powder and garlic until thoroughly mixed; form into four 1/2-inch-thick patties.

Coat patties and onions with cooking spray. Grill, flipping once (or more as necessary if using a grill pan), until burgers are desired degree of doneness and onions are lightly charred and tender, about 7 to 9 minutes for medium.

To serve, place 1 cup of lettuce on each of 4 plates. Top each with 1 burger, 2 tablespoons of salsa, 1 onion slice, 1/4 of diced avocado and 1 tablespoon of remaining cilantro. Yields 1 burger per serving.