

Spicy Cheeseburger Sliders

Total Recipe Time: 25 to 30 minutes

1 pound ground beef (96% lean)
9 small whole wheat hamburger buns, split, divided
1 clove garlic, minced
1/2 teaspoon ground chipotle chili powder
2 slices pepper Jack cheese, cut in quarters



Toppings:

Barbecue sauce, lettuce, tomato slices, pickles (optional)

1. Tear one hamburger bun into pieces. Place in food processor or blender container. Cover; pulse on and off, to form fine crumbs.
2. Combine bread crumbs, beef, garlic and chili powder in medium bowl, mixing lightly but thoroughly. Lightly shape into eight 1/2-inch thick mini patties.
3. Place patties on grill over medium. Grill, covered, 8 to 9 minutes (over medium heat on preheated gas grill, 9 to 10 minutes) until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally. Evenly top with cheese during last minute of grilling.
4. Place burgers on bottoms of remaining eight buns. Top with desired Toppings. Close sandwiches.

Makes 8 sliders

Cook's Tip: *Cooking times are for fresh or thoroughly thawed ground beef. Color is not a reliable indicator of ground beef doneness.*

Cook's Tip: *One-half teaspoon chili powder may be substituted for chipotle chili powder.*

Nutrition information per serving: 201 calories; 6 g fat (3 g saturated fat; 0 g monounsaturated fat); 40 mg cholesterol; 266 mg sodium; 21 g carbohydrate; 3.1 g fiber; 16 g protein; 4.1 mg niacin; 0.2 mg vitamin B₆; 1.1 mcg vitamin B₁₂; 2.3 mg iron; 28.8 mcg selenium; 3.4 mg zinc; 50.8 mg choline.

This recipe is an excellent source of protein, niacin, selenium and zinc; and a good source of fiber, vitamin B₆, vitamin B₁₂ and iron.

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