



Green Chile and Cream Cheese Burgers

<http://veronicascornucopia.com>

- 1 teaspoon canola oil
- 1/2 of a large onion, diced
- 1 (4 oz.) can of green chiles
- Salt and pepper
- 1 lb. ground beef or bison
- 4 hamburger buns
- 4 oz. cream cheese

Heat oil in skillet over medium-high heat. Saute onion until softened and is browned in places (it helps to only stir occasionally). Add chiles, season with salt and pepper, saute until heated through. Divide meat into four patties, salt and pepper, and cook or grill until done. Spread 1 oz. cream cheese on each bun and divide the green chile-onion mixture among the burgers. Serve hot.

Makes 4 burgers.

Per burger, using bison, light (80-calorie) buns, and neufchatel: 302 calories; 10 g fat; 24 g carbohydrates; 5 g fiber; 31 g protein; **8 Points Plus**. Using 93% lean ground beef makes the burgers 9 Points Plus.