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Southwest Burgers

PREP: 5 min; **BROIL:** 12 min

Makes 6 sandwiches

A fun way to serve these perky burgers is in shredded lettuce-lined pitas that have been cut in half and split to form pockets. Then add the works--salsa, guacamole, sour cream and sliced olives if you dare!

- 1 1/2 pounds ground beef**
- 1/2 cup diced Monterey Jack cheese (2 ounces)**
- 1/2 teaspoon pepper**
- 1/4 teaspoon salt**
- 1 can (4 ounces) chopped green chilies, drained**

- 1.** Mix all ingredients. Shape mixture into 6 patties, each about 1/2 inch thick.
- 2.** Set oven control to broil.
- 3.** Place patties on rack in broiler pan. Broil with tops 3 to 4 inches from heat 10 to 12 minutes for medium, turning once, until no longer pink in center and juice is clear.

1 Sandwich: 265 calories (170 calories from fat); 19 g fat (9 g saturated); 75 mg cholesterol; 370 mg sodium; 1 g carbohydrate (0 g dietary fiber); 23 g protein.