

POPPER BURGERS

1 lb ground beef
1/4 cup prepared thick-and-chunky salsa
4 frozen cream cheese or cheddar cheese stuffed jalapeno peppers
4 hamburger buns, split
1/4 cup prepared salsa con queso
1/4 cup chopped fresh plum tomato
2 tablespoons sliced pitted ripe olives

1. Combine ground beef and 1/4 salsa in large bowl, mixing lightly but thoroughly. Lightly shape into four thin patties. Place one stuffed pepper in center of each patty; wrap beef around pepper to enclose, sealing seams and forming ball. Flatten balls into patties. Patties will be about 4 to 5 inches across and 1 inch thick.

2. Place patties on grid over medium, ash-covered coals. Grill, uncovered, 15 to 16 minutes to medium (160 F) doneness, until beef is not pink in center and juices show no pink color, turning occasionally.

3. Serve in buns; top burgers with 1 tablespoon salsa con queso. Sprinkle evenly with tomato and olives.

Cook's Note: Four slices (3/4 ounce each) Mexican style process cheese may be substituted for salsa con queso; place on top of patties 1 minute before the patties are done, to allow cheese to melt.

Makes 4 servings

Nutrition information per serving, using 80% lean ground beef: 479 calories; 27g protein; 31g carbohydrates; 26g fat; 835mg sodium; 89mg cholesterol; 6.2mg niacin; 0.25mg vitamin B₆; 2mcg vitamin B₁₂; 3.4mg iron; 4.8mg zinc.