

The Guadalajara Burger

SOURCE: AOL's Cooking Light- 06/06/03 - Asst Food Stylist Kathleen Kanen

INGREDIENTS:

1 tsp Chipotle Chile powder
1 lb ground round
1 1/3 C Tequila-Spiked Salsa (see below) 4 (2-oz) Kaiser rolls
1/2 tsp kosher salt
Cooking spray

INSTRUCTIONS:

Prepare grill - combine Chile powder, salt & beef. Divide mixture into 4 equal portions, shaping each portion into a 1/2"-thick patty - place patties on grill rack coated with cooking spray - grill 5 minutes on each side or till done. Place rolls, cut sides down, on grill rack - grill 1 minute or till toasted. Place 1 patty on bottom half of each roll; top each serving with 1/3 C Tequila-Spiked Salsa + top half of roll.

YIELD: 4 servings

[NUTRITIONAL INFO: CALORIES 405 (35% from fat); FAT 15.9g (sat 5.3g, mono 6.7g, poly 1.7g); PROTEIN 28.5g; CARB 35.3g; FIBER 2.8g; CHOL 77mg; IRON 4.6mg; SODIUM 721mg; CALC 73mg (Totals include Tequila-Spiked Salsa)]

Tequila-Spiked Salsa

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INGREDIENTS:

2 C chopped/seeded tomato
1/2 C chopped fresh cilantro
2 TBS fresh lime juice
1/2 tsp kosher salt
1 C chopped onion
1/3 C chopped/peeled avocado
2 tsp tequila
2 garlic cloves, minced

INSTRUCTIONS:

Combine all ingredients in a bowl, tossing gently.

YIELD: 3 C (serving size: 1/3 C)

[NUTRITIONAL INFO: CALORIES 29 (31 percent from fat); FAT 1g (sat 0.2g, mono 0.6g, poly 0.2g); PROTEIN 0.7g; CARB 4.4g; FIBER 1.1g; CHOL 0mg; IRON 0.3mg; SODIUM 110mg; CALC 9mg]