

Cheeseburgers with Grilled Onions



POINTS® Value: 6

Servings: 4

Preparation Time: 12 min

Cooking Time: 10 min

Level of Difficulty: Easy

Sink your teeth into one of these babies for total burger satisfaction. Try different kinds of cheese and tomatoes for other fantastic combinations.*

Ingredients

1 pound(s) uncooked lean ground beef (with 7% fat)
1 medium garlic clove(s), minced
1/4 tsp table salt
1/8 tsp black pepper
1/4 cup(s) low-fat shredded cheddar cheese, sharp-variety
1/2 small red onion(s), cut into 4 thin slices
1/2 tsp olive oil
1/8 tsp dried oregano, crushed
4 item(s) reduced-calorie hamburger roll(s)
1 small tomato(es), cut into 8 thin slices

Instructions

- Preheat grill to medium-hot heat.**
- In a medium bowl, gently combine beef, garlic, salt and pepper; form into four 1/2-inch-thick patties. Place on grill and cook 4 to 5 minutes on one side; flip and continue cooking until desired degree of doneness, about 3 to 4 minutes more. Sprinkle each burger with 1 tablespoon of cheese; cook until cheese melts, about 1 minute.
- Meanwhile, brush both sides of onion with oil. Grill until bottom is lightly browned, about 3 to 4 minutes. Flip onion and sprinkle with oregano; grill for 2 to 3 minutes more.
- Lightly toast open-faced buns on grill. Place burgers on buns and top each with onion and tomato slices. Yields 1 cheeseburger per serving.

Notes

- *Could affect **POINTS** values.

**You can also make this recipe in a stovetop grill pan. Cooking time may vary.

The secret to a juicy, lean burger is to avoid pressing down on the patty while it's cooking so it retains its juices.