

# ZIPPY BEER SLIDERS

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*Gluten Free, Higher Fiber, Lower Saturated Fat*

*Serves: 8 (Serving= 1 burger)*

## **Nutrition (per serving)**

Calories: 194	Total Carbohydrate: 19
Total Fat: 7 g	Dietary Fiber: 3 g
Saturated Fat: 2 g	Protein: 17 g
Sodium: 369 mg	

## **Ingredients**

- 1/3 cup red bell pepper, chopped
- 1/2 cup onion, chopped
- 1/2 cup reduced fat shredded Mexican cheese
- 1/8 cup light beer (choose gluten free beer for GF version)
- 2 Tablespoons Worcestershire sauce (make sure gluten free for GF version)
- 2 teaspoons chili powder
- 1 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 pound 93/7 lean ground beef
- 8 whole wheat dinner rolls or mini-buns (choose gluten free buns for GF version)

## Directions

1. In a bowl, combine the first ten ingredients and shape into eight patties.
2. Turn grill on medium-high heat.
3. Spray grill with nonstick cooking spray right before placing burgers on the grill.
4. Grill hamburgers over medium high heat for 4-5 minutes on each side or until thermometer reads 160 degrees.
5. Serve on whole wheat buns or rolls with lettuce, tomatoes, pickles or whichever vegetables and condiments you prefer!