



Green Chile Chorizo

My low fat, full flavor take on a delicious New Mexico classic

This is my healthy, low fat take on a Southwestern favorite... a Hatch Green Chile burger. Now, I know there is a very limited time of year when fresh Hatch chiles are available. However... thanks to that modern marvel known as "grocery stores", you can get canned Hatch chiles all year. They can usually be found in the Mexican food aisle. The cans you are looking for say "HATCH" right on the label. If you can't find those... you can also use 'canned diced green chiles'. We're simply cooking them in a pan with some onions and garlic, then piling it high on top of my ground turkey chorizo burger patties, a slice of pepper jack cheese, fresh cilantro and a smear of creamy chili spread.

Ingredients:

Ground Turkey Chorizo Patties

- 3/4 batch of my ground turkey "Chorizo", recipe on pg. 24, formed into (4) 3oz patties, set aside for 20-30 minutes.

Green Chile Spread:

- (3) 4oz cans, **HATCH** diced green chiles, mild or hot.
Or, if you can find one, use a single 15oz can. (see notes)
- 1/2 cup onion, diced
- 2 medium garlic cloves, crushed and minced
- 1/8 tsp salt
- 1/8 tsp pepper
- 1/8 tsp ground cumin

Additional Toppings:

- 4 slices of Pepper Jack cheese (3 point slice per burger. Use the 'cutting the cheese' hack on pg. 47)
- Onion, thin sliced
- Tomato slices
- Fresh chopped cilantro, 1 bunch

Chipotle Yogurt Spread:

- 1/3 cup fat free plain Greek yogurt
- 1 tsp light mayonnaise
- 2 Tbsp apple cider vinegar
- 1/2 to 1 tsp chipotle or ancho chili powder, to taste

Servings Info.:

Yields: 4 burgers
Servings: 4
Serving Size: 1 burger



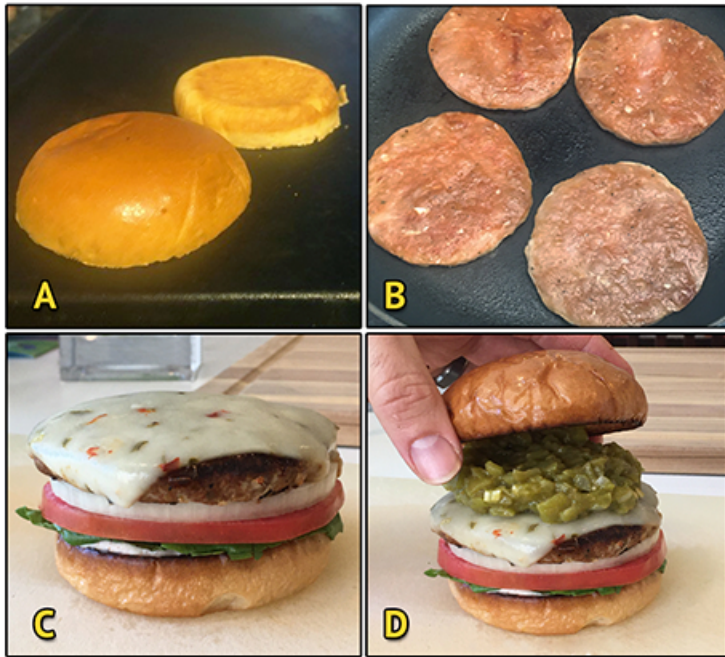
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Listed Points **DO NOT INCLUDE BREAD!** Use whatever bread you want, then add my points.

Directions:

- 1 First things first. Form the chorizo into 4 patties and set aside to rest.
- 2 Mix together the Chipotle Spread and set aside.



- 3 Spray a small pan/skillet with cooking spray. Add the onion and garlic, cook for a minute, then add the canned chiles, salt, pepper and cumin. Bring to a low simmer, and let cook for 4-5 minutes. Remove from heat, set aside.



NOTES & SUGGESTIONS:

- **HATCH CHILES:** Ok, here's the deal. Generic "canned green chiles" are 0 points. Canned HATCH chiles, for whatever reason... have points. IGNORE THAT. The ingredients on canned hatch chiles read: "contain roasted chiles & water." No sugars, nothing. There is no reason for them to have points. However, as of the write up for this recipe, canned HATCH chiles gain points, in the database. In the wise words of a respected former President:

"Sometimes, the database is wrong, ignore it."

- Abraham Lincoln 1863

So, my recipe is using an entry for 'generic' green chiles, to represent the true 0 points Hatch chiles SHOULD have.

- **CHEESE:** My recipe is allowing for a 3 point slice of pepper jack cheese for each of the 4 burgers. Weighed in grams, you can allow 17 grams each for 4 slices, no more than 68 grams in total.

I'd honestly recommend buying a regular package of sliced pepperjack, then trimming it, using your kitchen scale, as shown on pg 47. You'll get a much thicker, more satisfying slice o' cheese on your chile burger, vs getting paper thin ultra thin sliced Sargento pepperjack. Don't believe me? The pics on this page use the trimmed, regular slices.

4 Let's get to it, mis amigos!

(A) Toast your burger buns, then set them aside. Heat a large pan over medium heat, till water sizzles on it's surface. **(B)** Spray the pan with cooking spray, then add your rested chorizo patties. Cook for 2-1/2 minutes over medium heat, then flip and cook for 1 more minute. Add the cheese slices onto the top of the patties, then add a little water to the pan and cover it with a lid. Cook for 1 more minute, to finish the burgers and melt the cheese. Remove pan from heat. Next, let's assemble our burgers. **(C)** Place a dollop of the chipotle spread onto the bottom bun, followed by a small mound of chopped fresh cilantro, then a slice of tomato and onion. **(D)** Next, place a burger patty on top of the onion, followed by a nice scoop of the cooked, chopped green chile mixture. Done.

