

Avocados From Mexico Jalapeño Chicken Sliders

Makes 8 servings

Ingredients:

1 lb lean ground chicken

2 garlic cloves, finely chopped

2 jalapeños, seeded and diced

½ cup yellow onion, diced

½ cup cilantro, chopped

1/4 cup reduced-fat cheddar cheese, grated

1 Tbsp lime juice

1 tsp ground cumin

1 tsp paprika

Salt and pepper to taste

8 mini whole-grain hamburger buns

8 Bibb lettuce leaves

2 medium tomatoes, sliced

1 medium Avocado From Mexico, halved, pitted, peeled and sliced

Instructions:

Heat grill to medium. If using a grill pan, lightly coat with cooking spray. In a large bowl, combine chicken, garlic, jalapeños, onion, cilantro, cheddar cheese, lime juice, cumin, paprika, and salt and pepper. Form into eight small patties. Grill for 2 to 3 minutes per side, or until cooked through. Top hamburger buns with patties. Top with lettuce, tomato and avocado.

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