

Jalapeño Popper Burgers

Shopping List:

Dairy

- ☐ 3 ounces reduced-fat cream cheese, softened
- ☐ $\frac{3}{4}$ cup shredded spicy cheese, such as chipotle Cheddar or pepper Jack

Produce

- ☐ 1 medium jalapeño pepper, seeded and chopped

Protein

- ☐ 1 pound ground sirloin

Pantry

- ☐ $\frac{1}{8}$ teaspoon kosher salt
- ☐ $\frac{1}{4}$ cup ketchup

Bakery

- ☐ 4 whole-wheat hamburger buns