



Big Bopper Burger Stopper



Entire recipe: 228 calories, 4g total fat (0.5g sat. fat), 860mg sodium, 35g carbs, 9.5g fiber, 6.5g sugars, 16g protein

Prep: 5 minutes **Cook:** 10 minutes



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Ingredients

- 1 frozen meatless hamburger-style patty with 100 calories or less
- One 100-calorie flat sandwich bun
- 1 slice tomato
- 1 slice onion
- 1/2 leaf romaine lettuce
- 3 hamburger dill pickle chips
- 1 tsp. fat-free mayonnaise
- 1 tsp. ketchup

Directions

Bring a skillet sprayed with nonstick spray to medium heat. Cook patty for 4 minutes per side, or until cooked through.

Split bun into halves and place patty on the bottom half. Top with tomato, onion, lettuce, and pickle chips.

Spread the top of the bun with mayo and ketchup, and place it on top of the stack!

MAKES 1 SERVING

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