



Too-Cute Cheeseburger Bites



1/4th of recipe (4 bites): 164 calories, 6.5g total fat (3.5g sat fat), 437mg sodium, 6.5g carbs, 1.5g fiber, 2g sugars, 19.5g protein

SmartPoints® value 4*

Prep: 20 minutes **Cook:** 10 minutes



Ingredients

8 oz. raw extra-lean ground beef (4% fat or less)
1/4 cup finely chopped onion
3 tbsp. whole-wheat panko breadcrumbs
2 tbsp. egg whites (about 1 large egg's worth) or fat-free liquid egg substitute
1/4 tsp. garlic powder
1/4 tsp. onion powder
1/8 tsp. each salt and black pepper
4 slices reduced-fat cheddar cheese
16 hamburger dill pickle chips
16 small pieces of lettuce
8 cherry tomatoes, halved
Optional dips/toppings: ketchup, yellow mustard, light Thousand Island dressing

Directions

Preheat oven to 400 degrees. Spray a baking sheet with nonstick spray.

In a large bowl, thoroughly mix beef, onion, breadcrumbs, egg whites/substitute, and seasonings.

Evenly form into 16 patties on the baking sheet. Bake for about 8 minutes, or until cooked to your preference.

Meanwhile, break each cheese slice into 4 squares.

Plate burger patties, and immediately top with cheese, pickle chips, lettuce, and tomato halves. Serve with toothpicks.

MAKES 4 SERVINGS

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.