



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

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