



## Bacon & Blue Burger Bowl



Entire recipe: 355 calories, 16.5g total fat (7.5g sat. fat), 869mg sodium, 16g carbs, 4g fiber, 7g sugars, 33.5g protein

[Click for WW Points® value\\*](#)

WW Points® value 11\*

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



More: [Lunch & Dinner Recipes](#), [Single Serving](#), [30 Minutes or Less](#), [Gluten-Free](#)

### Ingredients

3 cups shredded lettuce  
1 slice center-cut bacon or turkey bacon  
4 oz. raw extra-lean ground beef (at least 95% lean)  
1/3 cup chopped onion  
1/4 tsp. garlic powder  
1/4 tsp. onion powder  
1 dash salt  
1 dash black pepper  
1/3 cup chopped tomato  
2 tbsp. crumbled blue cheese  
2 tbsp. light blue cheese (or ranch) dressing

### Directions

Place lettuce in a large bowl.

Cook bacon until crispy, either in a skillet over medium heat or on a microwave-safe plate in the microwave. (See package for cook time.)

Bring a skillet sprayed with nonstick spray to medium-high heat. Add beef, onion, and seasonings. Cook and crumble for about 5 minutes, until beef is fully cooked and onion has softened.

Add beef mixture to the bowl. Top with tomato and blue cheese.

Chop or crumble bacon, and add it to the bowl.

Drizzle with dressing, or serve dressing on the side.

MAKES 1 SERVING

[Watch how we put this together](#), and it could be cheeseburger salad time for you too!

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.  
\*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here](#).

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.