



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

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



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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!

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