



Bruschetta Burger Bowl



Entire recipe: 325 calories, 15g total fat (4.5g sat. fat), 480mg sodium, 17g carbs, 5g fiber, 8.5g sugars, 31g protein

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

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Ingredients

3 cups chopped lettuce
1/2 cup seeded and chopped tomatoes
2 tbsp. chopped fresh basil, or more for topping
1 tbsp. balsamic vinegar
1 1/2 tsp. olive oil
1 tsp. chopped garlic
1/2 tsp. Italian seasoning
4 oz. raw extra-lean ground beef (at least 96% lean)
1/3 cup chopped onion
1/8 tsp. each salt and black pepper
2 tbsp. shredded part-skim mozzarella cheese

Directions

Place lettuce in a large bowl.

In a medium bowl, combine tomatoes, basil, vinegar, oil, garlic, and 1/4 tsp. Italian seasoning. Mix well, and spoon over the lettuce.

Bring a skillet sprayed with nonstick spray to medium-high heat. Add beef, onion, salt, pepper, and remaining 1/4 tsp. Italian seasoning. Cook and crumble for about 5 minutes, until beef is fully cooked and onion has softened.

Add beef mixture to the large bowl. Top with cheese.

MAKES 1 SERVING

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