



## 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

**Green Plan [SmartPoints](#)® value 7\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 7\***

**Purple Plan [SmartPoints](#)® value 7\***

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



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

### 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**

**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.