



Burger Blast Bowl



Entire recipe: 356 calories, 13g total fat (4.5g sat. fat), 750mg sodium, 25g carbs, 7g fiber, 13.5g sugars, 34.5g protein

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



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Ingredients

Sauce

- 1 1/2 tbsp. light Thousand island dressing
- 1 1/2 tsp. finely chopped onion
- 1/8 tsp. granulated white sugar
- 1/8 tsp. white wine vinegar

Bowl

- 1 1/2 cups frozen riced cauliflower
- 1/4 cup finely chopped onion
- 1/2 tsp. garlic powder, divided
- 1/2 tsp. onion powder, divided
- 4 oz. raw extra-lean ground beef (at least 95% lean)
- 1/2 cup finely chopped brown mushrooms
- 2 tsp. yellow mustard
- 1/4 cup chopped tomato
- 2 tbsp. shredded reduced-fat cheddar cheese
- 3 hamburger dill pickle chips, chopped
- 1 tsp. sesame seeds

Directions

In a small bowl, combine sauce ingredients. Mix thoroughly.

Bring a skillet sprayed with nonstick spray to medium-high heat. Add cauliflower, onion, 1/4 tsp. garlic powder, and 1/4 tsp. onion powder. Cook and stir until hot and softened, about 4 minutes. Transfer contents to a wide bowl. Cover to keep warm.

Remove skillet from heat; clean, if needed. Respray and return to medium-high heat. Add beef, mushrooms, remaining 1/4 tsp. garlic powder, and remaining 1/4 tsp. onion powder.

Cook, stir, and crumble until beef is fully cooked and mushrooms have softened, about 5 minutes.

Remove skillet from heat. Add mustard, and mix well.

Add beef mixture to the bowl. Top with tomato, cheese, pickles, sesame seeds, and sauce.

MAKES 1 SERVING

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