



California Burger Bowl



Entire recipe: 356 calories, 16g total fat (7g sat. fat), 589mg sodium, 19.5g carbs, 6.5g fiber, 9g sugars, 35g protein

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



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Ingredients

3 cups shredded or chopped lettuce
4 oz. raw extra-lean ground beef (at least 96% lean)
1/3 cup finely chopped red onion, or more for topping
1/4 tsp. garlic powder
1/4 tsp. onion powder
1/8 tsp. each salt and black pepper
1 slice reduced-fat cheddar cheese, torn into pieces
1 tbsp. light/reduced-fat cream cheese
1/2 cup chopped tomato
1 oz. (about 1/4 cup) sliced avocado
Optional toppings: dill pickle chips, ketchup, yellow mustard

Directions

Place lettuce in a large bowl.

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

Remove skillet from heat, and add both types of cheese. Stir until thoroughly mixed and melted.

Add beef mixture to the large bowl. Top with tomato and avocado.

MAKES 1 SERVING

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