



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

Freestyle™ SmartPoints® value 7*

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

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

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

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.