



Cheeseburger 'Bellas



1/2 of recipe (1 mushroom): 194 calories, 6.5g total fat (3.5g sat. fat), 461mg sodium, 13.5g carbs, 3g fiber, 6.5g sugars, 21.5g protein

Prep: 5 minutes **Cook:** 25 minutes

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Ingredients

- 2 large portabella mushroom caps (stems removed)
- 1/4 tsp. garlic powder
- 1/4 tsp. onion powder
- 4 oz. raw extra-lean ground beef (at least 95% lean)
- 1/4 cup chopped onion
- Dash each salt and black pepper
- 1/3 cup chopped tomato
- 3 hamburger dill pickle chips, chopped, or more for topping
- 1 tbsp. ketchup
- 1 1/2 tsp. yellow mustard
- 2 slices reduced-fat cheddar cheese

Directions

Preheat oven to 400°F. Lay a piece of heavy-duty foil on a baking sheet and spray with nonstick spray.

Place mushroom caps on the center of the foil, rounded sides down. Season with 1/8 tsp. each garlic powder and onion powder. Top with another large piece of foil. Fold together and seal all four edges of the two foil pieces, forming a well-sealed packet.

Bake for 20 minutes, or until tender. Cut packet to release steam. Remove foil, and carefully drain excess liquid. Thoroughly blot dry.

Meanwhile, bring a skillet sprayed with nonstick spray to medium-high heat. Add beef, onion, salt, pepper, and remaining 1/8 tsp. each garlic powder and onion powder. Cook, stir, and crumble until beef is fully cooked and onion has softened, 5–7 minutes.

Remove skillet from heat. Stir in tomato, pickles, ketchup, and mustard. Divide between mushroom caps, and top with cheese. Microwave for 30 seconds, or until melted.

MAKES 2 SERVINGS

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