



Cheeseburger Phyllo Bites



1/3rd of recipe (5 phyllo shell bites): 124 calories, 3.5g total fat (0.5g sat fat), 395mg sodium, 16g carbs, 1.5g fiber, 2g sugars, 9g protein

Green Plan [SmartPoints](#)® value 4*

Blue Plan (Freestyle™) [SmartPoints](#)® value 4*

Purple Plan [SmartPoints](#)® value 4*

Prep: 5 minutes **Cook:** 15 minutes



Tagged: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [30 Minutes or Less](#)

Ingredients

15 frozen mini phyllo shells (like [the kind by Athens](#))
1/4 cup finely chopped onion
2/3 cup frozen ground-beef-style soy crumbles (like the kind by [Boca](#) or [MorningStar Farms](#))
2 wedges [The Laughing Cow Light Creamy Swiss cheese](#)
2 tsp. ketchup
2 tsp. mustard
2 tbsp. finely chopped dill pickle

Directions

Preheat oven to 350 degrees.

Place shells on a baking sheet, and bake until lightly browned and crispy, 3 - 5 minutes.

Bring a skillet sprayed with nonstick spray to medium heat. Cook and stir onion until softened, about 4 minutes. Add soy crumbles, and cook and stir until hot, about 2 minutes.

Transfer to a medium bowl. Add cheese wedges, breaking them into pieces, and stir until uniform.

Evenly distribute mixture among the phyllo shells.

Top with ketchup, mustard, and pickle. Eat up!

MAKES 3 SERVINGS

[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.)

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