



## Cheeseburger Fried Rice



1/4 of recipe (about 1 1/2 cups): 297 calories, 11g total fat (6g sat. fat), 702mg sodium, 19g carbs, 4g fiber, 10g sugars, 31g protein

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**Prep:** 20 minutes    **Cook:** 15 minutes

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### Ingredients

3 3/4 cups riced cauliflower  
1 lb. raw extra-lean ground beef (at least 95% lean)  
1 cup chopped onion  
1 tsp. garlic powder  
1 tsp. onion powder  
1/4 tsp. salt  
1/4 tsp. black pepper  
1/3 cup light/reduced-fat cream cheese  
1/3 cup shredded reduced-fat cheddar cheese  
3 tbsp. ketchup  
1 tbsp. yellow mustard  
1 cup chopped tomatoes  
1/4 cup chopped hamburger dill pickle chips  
Optional topping: sesame seeds

### Directions

Bring an extra-large skillet sprayed with nonstick spray to medium-high heat. Add cauliflower, beef, onion, and seasonings. Cook and crumble until veggies have mostly softened and beef is cooked through, 8-10 minutes.

Reduce heat to medium-low. Add cream cheese, cheddar, ketchup, and mustard. Cook and stir until cheeses have melted and entire dish is hot and well mixed, about 2 minutes.

Top with tomatoes and pickles.

**MAKES 4 SERVINGS**

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