



Flying Dutch-Girl Burger



Entire recipe: 313 calories, 11g total fat (5g sat. fat), 770mg sodium, 21.5g carbs, 2.5g fiber, 10.5g sugars, 29g protein

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Prep: 10 minutes **Cook:** 15 minutes



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Ingredients

- 1 large sweet onion
- 4 oz. raw extra-lean ground beef (at least 95% lean)
- 1/4 tsp. garlic powder
- 1/4 tsp. onion powder
- 1/8 tsp. salt
- 1 dash black pepper
- 1 slice thin-sliced cheddar cheese
- 1 tbsp. light Thousand Island dressing
- 3 dill pickle chips

Directions

Peel onion, and cut two 1/2-inch-wide slices from the middle of the onion. (Do not separate rings. Save remaining onion for another use.)

In a medium bowl, combine beef with seasonings. Mix until uniform. Form into a burger patty about the same size as the onion slices.

Bring a grill pan (or large skillet) sprayed with nonstick spray to medium-high heat. Place onion slices and burger patty in the pan. Cook to your preference, 3–5 minutes per side. (Set the burger aside if the onions need longer.)

Place burger patty over one onion slice, and top with cheese. Cook until cheese melts, about 30 seconds.

Transfer the burger-topped onion slice to a plate. Top with dressing, pickle chips, and remaining onion slice.

MAKES 1 SERVING

HG FYI: Look for cheddar with around 45 calories per slice. Can't find it? Use what's available, and adjust nutritional info accordingly.

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