



Ginormous Cabbage-Wrapped Burger Stack



Entire recipe: 128 calories, 3g total fat (0.5g sat. fat), 335mg sodium, 13g carbs, 5.5g fiber, 4g sugars, 12g protein

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

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Ingredients

1 head green cabbage (you won't use it all!), carefully cored with a knife
1 frozen meatless hamburger-style patty with about 100 calories
1 slice onion
2 slices tomato
Optional toppings: ketchup, mustard

Directions

Place the head of cabbage in a large microwave-safe bowl and microwave for about 4 minutes, until the outer leaves begin to loosen.

Once cool enough to handle, remove the cabbage from the bowl. Gently remove 2 whole outer leaves from the cabbage, and place them back in the bowl. (Reserve the rest of the cabbage for another use.)

Add 2 tbsp. of water to the bowl with the cabbage leaves. Cover and microwave for about 2 minutes, until leaves are very soft.

Meanwhile, spray a skillet with nonstick spray and bring to medium heat on the stove. Add the burger patty and onion slice and cook for about 4 minutes per side, until cooked through.

Top one cabbage leaf with the burger patty, followed by a tomato slice, the onion, and the remaining tomato slice. If you like, top with ketchup and mustard. Gently top with the other leaf. Chew!

MAKES 1 SERVING

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