



In-N-Outrageous Animal-Style Salad



Entire recipe: 245 calories, 8.5g total fat (2.5g sat. fat), 782mg sodium, 27.5g carbs, 9g fiber, 13g sugars, 17g protein

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Prep: 5 minutes **Cook:** 10 minutes



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Ingredients

3 cups chopped romaine lettuce
1/2 cup chopped tomato
1/2 cup chopped onion
1/2 cup meatless crumbles
1 tsp. yellow mustard
2 tbsp. shredded reduced-fat cheddar cheese
1 tbsp. chopped dill pickle, or more for topping
2 tbsp. light Thousand Island dressing

Directions

Place lettuce and tomato in a large bowl.

Bring a skillet sprayed with nonstick spray to medium-high heat. Add onion. Cook and stir until softened and browned, about 3 minutes. Transfer to the large bowl.

Prepare meatless crumbles according to package instructions (either in the microwave or in a skillet sprayed with nonstick spray). Transfer to a medium bowl. Add mustard, and toss to coat.

Top salad with crumbles, cheese, and pickles. Top with dressing, or serve it on the side.

MAKES 1 SERVING

HG FYI: Not all meatless crumbles are gluten-free, so read labels if that's a concern.

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