



Jalapeño Popper Burger Bowl



Entire recipe: 380 calories, 17.5g total fat (7.5g sat. fat), 885mg sodium, 23g carbs, 3.5g fiber, 8.5g sugars, 32g protein

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



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Ingredients

- 3 cups chopped lettuce
- 1 tbsp. light ranch dressing
- 1/2 tsp. hot sauce
- 1/2 cup chopped onion
- 4 oz. raw extra-lean ground beef (at least 95% lean)
- 1/4 tsp. garlic powder
- 1/4 tsp. onion powder
- 1 dash salt
- 1 dash black pepper
- 2 tbsp. whipped cream cheese
- 2 tbsp. canned diced jalapeño peppers, drained
- 2 tbsp. shredded reduced-fat cheddar cheese
- 1/4 oz. (about 5) sour cream & onion popped chips, crushed
- Optional toppings: precooked crumbled bacon, chopped tomatoes

Directions

Place lettuce in a large bowl. In a small bowl, mix dressing, hot sauce, and 1 tsp. water.

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

Add beef and seasonings. Cook and crumble until beef is fully cooked and onion has lightly browned, about 3 minutes.

Remove skillet from heat. Add cream cheese and drained jalapeños. Stir until thoroughly mixed and coated.

Drizzle dressing mixture over the lettuce. Add beef, shredded cheese, and crushed chips.

MAKES 1 SERVING

HG FYI: Gluten sensitive? Check your chips to make sure they're free of it.

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