



## Layered Cheeseburger Dip



1/8th of recipe (about 2/3 cup): 97 calories, 4g total fat (2g sat. fat), 257mg sodium, 6.5g carbs, 1g fiber, 3.5g sugars, 9g protein

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



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### Ingredients

8 oz. raw extra-lean ground beef (4% fat or less)  
1 cup chopped onion  
1/2 tsp. garlic powder  
1/2 tsp. onion powder  
3 tbsp. light/reduced-fat cream cheese  
3 tbsp. ketchup  
2 tbsp. yellow mustard  
2 cups shredded lettuce, chopped  
1 cup chopped tomatoes  
1/2 cup shredded reduced-fat cheddar cheese  
1/4 cup chopped dill pickle chips  
1 tsp. sesame seeds

### Directions

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add beef, onion, and seasonings. Cook, stir, and crumble until beef is fully cooked and onion has softened, 5 - 7 minutes.

Remove skillet from heat. Add cream cheese, 2 tbsp. ketchup, and 1 tbsp. mustard. Stir until thoroughly mixed.

Spread beef into a flat-bottomed serving dish, and evenly top with lettuce, tomatoes, cheddar cheese, and pickles.

Drizzle with remaining 1 tbsp. each ketchup and mustard, and sprinkle with sesame seeds.

**MAKES 8 SERVINGS**

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