



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

Blue Plan (Freestyle™) SmartPoints® value 2*

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



Tagged: [Recipes for Sides, Starters & Snacks](#), [30 Minutes or Less](#), [Four or More Servings](#)

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

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

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