



Mac Attack Burger Bowl



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Entire recipe: 316 calories, 12.5g total fat (4.5g sat. fat), 833mg sodium, 19g carbs, 4.5g fiber, 11.5g sugars, 30.5g protein

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



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Ingredients

Sauce

1 1/2 tbsp. light Thousand Island dressing
1 1/2 tsp. finely minced onion
1/8 tsp. granulated white sugar (or a dash of no-calorie sweetener)
1/8 tsp. white wine vinegar

Bowl

3 cups shredded lettuce
4 oz. raw extra-lean ground beef (4% fat or less)
1/3 cup finely chopped onion
1/8 tsp. garlic powder
1/8 tsp. onion powder
Dash each salt and black pepper
2 tsp. yellow mustard
2 tbsp. shredded reduced-fat cheddar cheese
3 hamburger dill pickle chips, chopped
1 tsp. sesame seeds
Optional toppings: chopped tomato, ketchup, additional yellow mustard

Directions

In a small bowl, thoroughly mix sauce ingredients.

Place lettuce in a large bowl.

Bring a skillet sprayed with nonstick spray to medium-high heat. Add beef, onion, and seasonings. Cook and crumble for about 5 minutes, until beef is fully cooked and onions have softened.

Remove skillet from heat. Add mustard, and stir until well mixed.

Add beef mixture to the large bowl. Top with remaining ingredients.

Top with sauce, or serve it on the side.

MAKES 1 SERVING

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