



Mac Attack Lettuce Wraps



1/4th of recipe (3 lettuce cups): 278 calories, 12.5g total fat (5g sat. fat), 800mg sodium, 9g carbs, 1.5g fiber, 5g sugars, 30g protein

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



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Ingredients

Sauce

1/4 cup light Thousand Island dressing
2 tbsp. finely chopped onion
1/2 tsp. granulated white sugar (or 1/4 tsp. no-calorie sweetener)
1/2 tsp. white wine vinegar

Filling

1 lb. raw extra-lean ground beef (at least 96% lean)
1/2 cup finely chopped onion
1/2 tsp. garlic powder
1/2 tsp. onion powder
1/8 tsp. each salt and black pepper
2 tbsp. yellow mustard, or more for topping
12 medium iceberg or butter lettuce leaves
3/4 cup shredded reduced-fat cheddar cheese
24 hamburger dill pickle chips, chopped
1 tbsp. sesame seeds
Optional toppings: chopped tomato, ketchup

Directions

In a small bowl, thoroughly mix sauce ingredients.

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 mustard, and mix well.

Spread lettuce leaves with sauce and fill with beef mixture, about 1/4 cup each. Top with cheese, chopped pickles, and sesame seeds.

MAKES 4 SERVINGS

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