



Mushroom Swiss Turkey Burger Bowl



Entire recipe: 318 calories, 9g total fat (4.5g sat. fat), 742mg sodium, 20g carbs, 5.5g fiber, 10g sugars, 40.5g protein

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Prep: 10 minutes **Cook:** 5 minutes



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Ingredients

3 cups shredded lettuce
4 oz. raw extra-lean ground turkey (at least 98% lean)
1 1/2 cups thinly sliced mushrooms
1/3 cup finely chopped onion
1/4 tsp. garlic powder
1/4 tsp. onion powder
1/8 tsp. each salt and black pepper
1 tbsp. light/reduced-fat cream cheese
2 tsp. Dijon mustard
1 slice reduced-fat Swiss cheese, cut into strips
1/3 cup chopped tomatoes
Optional toppings: dill pickle chips

Directions

Place lettuce in a large bowl.

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

Remove skillet from heat. Add cream cheese and mustard. Stir until thoroughly mixed.

Add turkey/veggie mixture to the large bowl. Top with Swiss cheese and tomatoes.

MAKES 1 SERVING

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