



## 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

**Green Plan [SmartPoints](#)® value 4\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 3\***

**Purple Plan [SmartPoints](#)® value 3\***

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



Tagged: [Lunch & Dinner Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

### 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

[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.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.