



Patty Melt Burger Bowl



Entire recipe: 330 calories, 14g total fat (6g sat. fat), 667mg sodium, 18g carbs, 5g fiber, 9g sugars, 31g protein

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Ingredients

3 cups shredded lettuce
1 tbsp. [light Thousand Island dressing](#)
1 tsp. light butter
1/2 cup thinly sliced mushrooms
1/2 cup chopped onion
4 oz. raw extra-lean ground beef (at least 95% lean)
1/4 tsp. garlic powder
1/4 tsp. onion powder
1/8 tsp. salt
1/8 tsp. black pepper
1 tbsp. whipped cream cheese
1/2 tsp. mustard (Dijon or yellow)
1 slice thin-sliced Swiss cheese ([like Sargento](#)), cut into strips
Optional toppings: caraway seeds, chopped tomatoes, dill pickle chips

Directions

Place lettuce in a large bowl. In a small bowl, mix dressing with 1 tsp. water.

Bring a skillet sprayed with nonstick spray to medium heat. Add butter, and let melt. Add mushrooms and onion. Stirring occasionally, cook and stir until softened and lightly browned, about 15 minutes.

Increase heat to medium high. Move mushrooms and onion to one side of the skillet, and add beef to the other side. Season both beef and veggies with seasonings. Stirring veggies occasionally, cook and crumble beef for about 3 minutes, until beef is fully cooked and veggies have fully caramelized.

Remove skillet from heat. Add cream cheese and mustard, and stir until beef and veggies are thoroughly mixed and coated.

Drizzle dressing over the lettuce. Add beef mixture and top with cheese strips.

MAKES 1 SERVING

HG FYI: Not all Thousand Island dressings are gluten free, so read labels carefully if that's a concern.

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