



Super-Stuffed Grilled Cheeseburger Taco



Entire recipe: 348 calories, 15g total fat (6g sat. fat), 975mg sodium, 28g carbs, 12g fiber, 8g 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

Taco

- 3 oz. raw extra-lean ground beef (at least 95% lean)
- 1/3 cup finely chopped onion
- 1/8 tsp. garlic powder
- 1/8 tsp. onion powder
- 1 dash black pepper
- 2 tsp. yellow mustard
- 1 low-carb flour tortilla with 70 calories or less
- 3 tbsp. shredded reduced-fat cheddar cheese, divided
- 2 tbsp. chopped tomato
- 3 hamburger dill pickle chips, chopped
- 1/2 tsp. sesame seeds
- Optional: shredded lettuce

Directions

Combine sauce ingredients in a small bowl. Mix well.

Bring a skillet sprayed with nonstick spray to medium-high heat. Add beef, onion, and seasonings. Cook and crumble until beef is fully cooked and onion has softened, 3-4 minutes.

Remove from heat. Add mustard to the beef mixture, and stir to coat.

Lay tortilla flat, and top one half with 1 1/2 tbsp. cheese, followed by beef mixture, tomato, pickles, sauce mixture, and sesame seeds. Top with remaining 1 1/2 tbsp. cheese, fold tortilla to cover, and gently press to seal.

Clean skillet. Respray with nonstick spray, and bring to medium-high heat.

Place the stuffed tortilla in the skillet, and cook until cheese has melted and tortilla has browned, about 1 minute per side.

MAKES 1 SERVING

HG Alternative: Can't find shredded reduced-fat cheddar cheese? Use a reduced-fat Mexican blend instead.

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