



## Teriyaki Burger Bowl



Entire recipe: 319 calories, 8g total fat (3g sat fat), 768mg sodium, 36.5g carbs, 6g fiber, 22.5g sugars, 26.5g protein

**Green Plan [SmartPoints](#)® value 8\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 8\***

**Purple Plan [SmartPoints](#)® value 8\***

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

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

### Ingredients

1/4 cup pineapple tidbits packed in juice (not drained)  
1 1/2 tbsp. thick teriyaki marinade or sauce  
3 cups shredded iceberg lettuce  
1/2 cup shredded carrots, roughly chopped  
4 oz. raw lean ground turkey (7% fat or less)  
1/3 cup finely chopped sweet onion  
1/8 tsp. garlic powder  
1/8 tsp. onion powder  
2 tbsp. canned water chestnuts, drained and roughly chopped  
2 tbsp. chopped scallions  
Optional topping: sesame seeds

### Directions

To make the sauce, thoroughly drain the juice from the pineapple into a small bowl (reserve pineapple). Add 1 tbsp. teriyaki marinade/sauce and 1 tsp. water. Mix until uniform.

Place lettuce and chopped carrots in a medium-large bowl.

Bring a skillet sprayed with nonstick spray to medium-high heat. Add turkey, onion, garlic powder, and onion powder. Cook and crumble for about 4 minutes, until turkey is fully cooked and onions have softened.

Remove skillet from heat. Stir in remaining 1/2 tbsp. teriyaki marinade/sauce.

Add turkey mixture to the large bowl. Top with drained pineapple, water chestnuts, and scallions.

Top with sauce, or serve it on the side.

**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.)

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