

big mac in a bowl

- *Author:* Jenna
- *Prep Time:* 10 minutes
- *Cook Time:* 10 minutes
- *Total Time:* 20 minutes
- *Yield:* 4

INGREDIENTS

1 lb lean ground beef 96% lean
1 tsp of onion powder
1 tsp of garlic powder
2 or 3 dashes of Worcestershire sauce
8 cups of romaine lettuce
16 sliced dill pickles, no sugar added
4oz reduced fat cheddar
8 tablespoons red onion, diced
2 roma tomato, diced
8 tablespoons of Lite Thousand Island dressing

INSTRUCTIONS

In a nonstick skillet cook the ground beef on medium-high heat. When the beef is brown and no longer pink in the middle, drain any extra fat. Add in onion powder, garlic powder, and Worcestershire sauce. Set aside.

Dice the pickles, tomatoes, and onions.

Add 2 cups of chopped romaine lettuce, pickles, tomatoes, onions, cheese, and ground beef to the top of the lettuce.

Top the salad with 2 tablespoons of Thousand Island dressing.

myWW points: Blue Points: 5; Green Points: 5; Purple Points: 5