

Cheeseburger

SALAD BOWL

INGREDIENTS:

- Lean Ground Beef ($\frac{1}{2}$ pound)
- Baked French Fries (1 cup)
- Lettuce (as desired)
- Tomato (1, chopped)
- Red Onion ($\frac{1}{4}$, chopped)
- White Onion ($\frac{1}{4}$, chopped)
- Shredded Mozzarella Cheese ($\frac{1}{4}$ cup)
- Salt (to taste)
- Pepper (to taste)
- Garlic Salt (to taste)

SAUCE:

- Non-fat Greek Yogurt ($\frac{1}{2}$ cup)
- Ketchup (1 tbsp)
- Mustard (1 tsp)
- Sliced Pickles (as desired)
- Pickle Juice (1 tsp)



INSTRUCTIONS:

1. In a skillet, cook the ground beef over medium heat. Season with salt, pepper, and garlic salt. Once the beef is fully cooked, remove it from the heat and sprinkle the shredded mozzarella cheese on top, allowing it to melt.
2. While the beef cooks, prepare the salad by washing and chopping the lettuce, tomato, and red onion.
3. In a separate pan, fry the sliced white onion in a little oil over medium heat until it turns golden brown.
4. To make the sauce, mix together the mayonnaise, ketchup, mustard, sliced pickle pickle juice, and the non-fat Greek yogurt in a small bowl.
5. Once everything is ready, assemble the salad by placing the lettuce, tomato, red onion, and french fries in a bowl. Top with the cooked beef and melted cheese, fried onions, and drizzle with the sauce
6. Serve and enjoy

NUTRITION INFORMATION PER SERVING

SERVING SIZE: 2

- Calories: 438 kcal
- Protein: 31 grams
- Carbs: 38 grams
- Fat: 22 grams

These values may vary depending on specific brands and preparation methods

