

Big Mac Salad

MAKES 2 SERVING

Ingredients:

Dressing

3 tbsp. Fat free Thousand Island dressing
1 tablespoon finely minced onion
1/4 tsp. granulated splenda
1/4 tsp. white wine vinegar

Bowl

6 cups shredded lettuce
8 oz. raw extra-lean ground beef (4% fat or less)
2/3 cup finely chopped onion
1/4 tsp. garlic powder
1/4 tsp. onion powder
Dash each salt and black pepper
1 tablespoon yellow mustard
1/4 cup shredded reduced-fat cheddar cheese
6 hamburger dill pickle chips, chopped
1 roma tomato, diced
*Optional toppings: ketchup or yellow mustard

Nutrition Facts

Servings: 2

Amount per serving

Calories **267**

% Daily Value*

Total Fat 8.9g 11%

Saturated Fat 3.7g 19%

Cholesterol 94mg 31%

Sodium 730mg 32%

Total Carbohydrate 11.8g 4%

Dietary Fiber 3.1g 11%

Total Sugars 4.9g

Protein 34.5g

Total Fat 0g 0% **Total Carb** 11g 4%

Sat Fat 0g 0% Fiber 0g 0%

Trans Fat 0g Sugars 6g

Cholest 0mg 0% **Protein** 0g

Sodium 260mg 11%

Directions:

1. Bring a skillet sprayed with nonstick spray to medium-high heat. Add beef, onion, and seasonings. Cook and crumble for about 5 minutes, until beef is fully cooked and onions have softened.
2. Meanwhile, in a small bowl, thoroughly mix dressing ingredients.
3. Place lettuce in a large bowl.
4. Remove skillet from heat. Add mustard, and stir until well mixed.
5. Add beef mixture to the large bowl. Top with remaining ingredients (cheese, pickles, & tomato) and optional ingredients.
6. Toss with dressing, or serve it on the side.