



Big Mac in a Bowl

This recipe is one of the most popular among dieters and won't disappoint!

Ingredients:

- 8 oz ground beef (90% lean or higher)
- 1 tsp. minced onion
- 46 grams dill pickle, chopped (approximately 2 dill spears)
- 2 tbsp. Walden Farms Thousand Island Dressing
- 1 ½ oz. iceberg lettuce, shredded
- 1 pinch salt, to taste
- 1 pinch black pepper, to taste

Directions:

1. Brown the ground beef in a skillet over medium high heat.
2. Drain off any fat, season with salt and pepper.
3. Put the meat in a large salad bowl and add the remaining ingredients.
4. Toss and eat at once.

Servings: makes 1 serving.

Each serving = 8 oz. lean protein, ½ serving of Select Vegetables, 1 extra.

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