



# Cheeseburger Pizza

## Ingredients:

- ½ lb. (8 oz.) lean ground beef
- 1 tbsp Worcestershire sauce
- ½ tsp onion powder
- ½ tsp garlic powder
- ¼ tsp salt
- ¼ cup Walden Farms Thousand Island Dressing
- 1 packet Diet Right cheddar cheese sauce
- 1 tbsp Walden Farms ketchup
- 1 tbsp mustard (optional)
- ¼ cup dill pickle slices, drained
- 1 cup chopped tomato
- ¼ cups chopped onion
- Shredded lettuce

## Directions:

1. Make our cauliflower crust recipe
2. Brown the ground beef and drain
3. Add Worcestershire sauce, onion powder, garlic powder, and salt and stir well to combine
4. Spread the Thousand Island dressing on crust
5. Add Lean Ground Beef
6. Top with pickles, onions, tomatoes and shredded lettuce
7. Swirl ketchup and mustard around top
8. Swirl cheese sauce over the top
9. Bake at 425 for 10 minutes

Servings: makes 2 servings.

Each serving = 4oz protein, 1¼ cups select vegetables, ½ cup occasional veggies, 1 extra, daily salt, 1 tsp healthy oil, 1 protein product.

**716-320-1515**  
**DietMentor.com**  
**info@dietmentor.com**