

Cheeseburger Lettuce Wraps

8 servings

Balancing the calories you eat with the calories your body uses will help you maintain a healthy weight and prevent disease. Everyone has their own calorie limit. Staying within that limit can help you lose weight or maintain a healthy weight. You can enjoy your meals while making small changes to the amounts of food that you eat.

- 1 pound lean ground beef
- 1/2 cup onion, scrubbed with clean vegetable brush under running water, diced
- 1/2 teaspoon garlic powder
- Salt and pepper, to taste
- 3 Tablespoons low-fat Thousand Island salad dressing (optional)*
- 8 Bibb or Romaine lettuce leaves, gently rubbed under cold running water
- 1/2 cup tomatoes, gently rubbed under cold running water, diced
- 1/2 cup low-fat Cheddar cheese, shredded
- 1/4 cup dill pickles, chopped



1. Wash hands with soap and water.
2. In a large skillet, cook the beef and onion over medium-high heat until meat is browned and reaches an internal temperature of 160 °F on a food thermometer. Drain fat.
3. Add garlic, salt, and pepper (if using) and cook for 1 minute. Remove from heat. Stir in salad dressing.
4. Place lettuce leaves on a plate or serving dish. Spoon meat mixture into lettuce leaves. Top with tomatoes, cheese, and pickles.
5. Store leftovers in a sealed container in the refrigerator for up to four days.

Notes

* Your favorite condiment can be used in place of Thousand Island dressing.

Nutrition Information per Serving (1 lettuce wrap): Calories 150, Total Fat 8g, Saturated Fat 3.5g, Cholesterol 55mg, Sodium 310mg, Total Carbohydrates 2g, Fiber 1g, Total Sugars 2g, includes 0g Added Sugars, Protein 16g, Vitamin D 0%, Calcium 6%, Iron 10%, Potassium 6%.