

FIXATE® RECIPES

HEALTHY BURGER BOWLS

Serves: 4 (approx. 2½ cups each)

Total Time: 30 min. Prep Time: 20 min. Cooking Time: 10 min.

FOR BURGER BOWL:

1 lb. / 460 g	raw extra-lean ground beef
¼ tsp.	sea salt (or Himalayan salt)
¼ tsp.	ground black pepper
1 cup / 160 g	sliced onion (approx. 1 medium)
3 cups / 170 g	chopped romaine lettuce
1 cup / 170 g	halved grape tomatoes
1 cup / 140 g	sliced dill pickles
8 slices	cooked turkey bacon, chopped
1 cup / 115 g	shredded cheddar cheese

FOR SAUCE:

3 Tbsp.	mayonnaise (preferably olive oil-based)
2 Tbsp.	all-natural ketchup
2 tsp.	pickle relish
1 tsp.	finely chopped onion
1 pinch	sea salt (or Himalayan salt)

SPECIAL EQUIPMENT: Nonstick cooking spray

1. Heat a large skillet, lightly coated with spray, over high heat until very hot.
2. Add ground beef, salt, and pepper; cook, stirring to separate meat into crumbles, about 5 minutes, until browned and cooked through.
3. Remove ground beef from pan with a slotted spoon; transfer to a plate lined with paper towels. Leave heat on.
4. Add onion to pan and cook without stirring for 2 to 3 minutes; flip and cook for 2 to 3 minutes more until browned on both sides.
5. To assemble burger bowls, evenly divide lettuce among four bowls (approx. ¾ cup / 42 g each). Top evenly with ¼ cup (42 g) tomatoes, ¼ cup (35 g) pickles, ¼ cup (40 g) onion, ¼ bacon (approx. 2 slices), and ¼ cup (29 g) cheese. Drizzle evenly with sauce (approx. 1 Tbsp. + 1½ tsp. each).

Nutritional Information (per serving):

Calories:	447	Cholesterol:	130 mg	Fiber:	2 g
Total Fat:	28 g	Sodium:	1,353 mg	Total Sugars:	7 g
				Added Sugars:	0 g
Saturated Fat:	10 g	Carbohydrates:	14 g	Protein:	38 g

PORTION FIX Container Equivalents (per serving)

(REG) 1½ 1 1 1 1

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