

The Cheeseburger Salad

Classic burger elements become a fast, fun salad--a deconstructed take on a diner favorite. Instead of four burger patties, we cook just two, then chop and sprinkle them over the top. A handful of crushed potato chips adds crunch. Kick up the dressing with a pinch of ground red pepper.

Ingredients

12 ounces 90% lean ground sirloin
1/2 teaspoon freshly ground black pepper
1/4 teaspoon salt

Cooking spray

1 large red onion, peeled and cut horizontally into 1/4-inch-thick slices
1 (10-ounce) package chopped romaine hearts
1 1/2 cups chopped tomato
3 ounces 2% reduced-fat cheddar cheese, shredded (about 3/4 cup)
1/3 cup canola mayonnaise
1/4 cup unsalted ketchup
2 tablespoons water
1 1/2 ounces reduced-fat kettle-cooked potato chips

How to Make It

Step 1

Shape beef into 2 (1-inch-thick) patties; sprinkle with pepper and salt. Heat a skillet over medium-high heat. Coat pan with cooking spray. Add patties; cook 3 to 4 minutes on each side.

Step 2

Add onion to pan; cook 5 to 6 minutes on each side; separate into rings. Cut burgers into bite-sized pieces. Divide romaine, burgers, onion, tomato, and cheese among 4 bowls.

Step 3

Combine mayonnaise, ketchup, and 2 tablespoons water in a small bowl, stirring with a whisk; drizzle evenly over salads. Lightly crush potato chips with your hands; sprinkle evenly over salads.

Calories 352 Fat 17.8g Satisfat 4.6g Monofat 9g Polyfat 2.8g Protein 25g Carbohydrate 22g Fiber 3g Cholesterol 60mg Iron 3mg Sodium 547mg Calcium 138mg Sugars 8g Est. added sugars 3g

