



Hungry Girl's Animal Style Burger Swap



Entire recipe: 386 calories, 12g total fat (4g sat. fat), 881mg sodium, 36.5g carbs, 2g fiber, 10g sugars, 32.5g protein

Prep: 10 minutes **Cook:** 15 minutes

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Ingredients

1 1/2 tsp. light mayonnaise
1 1/2 tsp. ketchup
1 tsp. sweet relish
1 small hamburger bun (130 calories or less)
1 large slice tomato
1 leaf iceberg lettuce
1/4 cup chopped white onion
4 oz. extra-lean ground beef (4% fat or less)
Dash garlic powder
Dash onion powder
1 tsp. yellow mustard
1 slice 2% milk American cheese
Optional: dill pickle chips

Directions

In a small bowl, combine mayo, ketchup, and relish. Mix well.

Spread mixture on the bottom bun half, and top with tomato and lettuce.

Bring a skillet sprayed with nonstick spray to high heat. Cook and stir onion until softened and browned, about 3 minutes. Transfer to a bowl.

Remove skillet from heat; clean, if needed. Re-spray with nonstick spray and bring to medium-high heat.

Season beef with garlic powder and onion powder, and evenly form into a patty. Place in the skillet, and spread with 1/2 tsp. mustard. Cook for 4 minutes.

Flip patty, and spread with remaining 1/2 tsp. mustard. Cook for 4 more minutes, or until cooked to your preference.

Top with cheese. Cover and cook until melted, about 45 seconds.

Place cheesy patty over the lettuce on the bun. Top with cooked onion, and finish with the top bun half.

MAKES 1 SERVING

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