



## **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.
- In a large skillet, cook the beef and onion over mediumhigh 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%.

This institution is an equal opportunity provider. This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the U.S. Department of Agriculture (USDA). University of Nebraska-Lincoln Extension's educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the USDA.

