Chili-rific Cheeseburger

Entire recipe: 270 calories, 4.5g total fat (0.5g sat. fat), 973mg sodium, 38g carbs, 10.5g fiber, 6.5g sugars, 22.5g protein

Prep: 5 minutes   **Cook:** 10 minutes

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Ingredients

One 100-calorie flat sandwich bun
2 slices tomato
1 slice onion
1 frozen meatless hamburger-style patty with 100 calories or less
2 tbsp. low-fat veggie chili
1 slice fat-free American cheese
1 tsp. yellow mustard
Optional topping: hamburger dill pickle chips

Directions

Split bun in half and lightly toast. Top the bottom half with tomato and onion.

Bring a skillet sprayed with nonstick spray to medium heat. Cook patty for 4 minutes per side, or until cooked through. Place patty over onion on the bun.

In a small microwave-safe bowl, microwave chili for 45 seconds, or until hot.

Top patty with chili and cheese. Slap mustard onto the top half of the bun, and plop the bun top over the cheese. Now, the most important step of all...

Enjoy!

MAKES 1 SERVING

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