



Outside-In Cheeseburger Patty



Entire recipe: 179 calories, 6g total fat (3g sat. fat), 452mg sodium, 1.5g carbs, 0g fiber, 1g sugars, 26g protein

Prep: 5 minutes **Cook:** 20 minutes

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Ingredients

4 oz. raw extra-lean ground beef
1/8 tsp. Worcestershire sauce
1/8 tsp. garlic powder
1/8 tsp. onion powder
Dash each salt and black pepper
1 wedge The Laughing Cow Light Creamy Swiss cheese

Directions

In a medium bowl, thoroughly mix all ingredients except cheese.

Form into a ball, and make a large hollow indentation with your thumb (past the center but not all the way through).

Fill the hole with cheese and squeeze meat to seal, enclosing cheese. Flatten slightly into a thick patty.

Bring a grill pan (or skillet) sprayed with nonstick spray to medium-high heat. Cook patty for 4 to 8 minutes per side, until cooked to your preference. Enjoy!

MAKES 1 SERVING

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