

THINKING OUTSIDE THE BOX

CHEESEBURGER SALAD



Often, we might equate a diet striving for optimal health is a diet that does not include some of your favorite food items. As if it is an either/or situation between a new diet and your favorite restaurant your favorites, just in moderation and balance. Moderation can also mean having that dish but in smaller quantities. When serving, start by making half your plate fruits and vegetables and enjoy using a variety of spices and seasonings to create variety in your greens.

Another method is to modify them with small changes like swapping out the sour cream and replacing with nonfat Greek yogurt to reduce the amount of unhealthy fat or swapping whole grains in place of plain enriched white flour ingredients as whole grains increase the fiber intake, which will help you feel full longer while assisting in getting the recommended daily intake of fiber.

Making these dishes at home rather than getting take out can also result in much fewer calories and differences in sodium and unhealthy fat levels. This week, look at your favorite dish and see if you can make it in another form. Lasagna but cut up and mixed in with broccoli or baked ziti but with zoodles instead of pasta. If you are struggling for ideas, Your Commissary has recipes for an Easy Unrolled Stuffed Cabbage Skillet Dinner, where making it in this form actually saves you times while giving you the same great flavors. Or turning Chicken Pesto Pasta into Artichoke Pesto Chicken Pizza.-

Using these methods in recreating your favorite dishes, or at least part of them, can assist in decreasing the amount of unhealthy fat while increasing the nutrition quality of your diet. When getting meals from restaurants they often use more oil or butter in their preparation but at home, you can control the amount and use less. Just another benefit to making your favorite dish in a different form.

This dish takes the savory flavors of a cheeseburger and uses them to give you a similar taste experience in a salad. Things we might not think of as a traditional ingredient can make the most impact. Pickle juice and the diced pickles give this salad the ultimate cheeseburger experience.

DIETITIAN TIP

Moderation is key. All foods can fit and by cooking more meals at home, you may find that you can have them a little more often with ingredient swaps.

MACROS / SERVING SIZE:

Protein: 38 g | Fat: 17 g | Carbs: 27 g

% CALORIES OF MACROS / SERVING SIZE:

Calories 393 | Protein 37 % | Fat 36 % | Carbs 26 %

NUTRIENT / SERVING SIZE:

Fiber: 9 g | Sodium: 376 mg | Sat. Fat: 8 g

INGREDIENTS (Serves 4)

Salad

- 1 lb. very lean ground beef
- 2 garlic cloves, minced
- 1 tsp. onion powder (optional)
- 1 large English cucumber
- 2 heads Romaine lettuce
- 5 oz. fresh baby spinach leaves
- 8-10 radishes, greens removed blend
- 12 baby dill pickles
- 1 carrot or 3 oz. shredded carrots
- 1 medium red onion
- 3 tbsp. fresh cilantro leaves, chopped
- 1/2 cup of shredded cheddar cheese

Dressing

- 1/2 cup nonfat Greek yogurt
- 1/4 cup ketchup
- 2-3 tbsp. pickle juice
- 2 tsp. honey or sugar
- Dash of pepper and salt

DIRECTIONS:

1. Prepare the produce by chopping the lettuce into bite-sized pieces and slicing the radishes, carrots, and dill pickles. Cut the cucumber in half lengthwise then slice each half into bite-sized pieces. Add these items, the spinach and the cilantro to a large bowl and toss to mix.
2. In a medium-sized bowl, add the dressing ingredients and mix until blended. Pour the dressing over the salad and toss.
3. In a large frying pan, break the ground beef into small pieces and begin cooking over medium heat. Sprinkle in the onion powder and minced garlic and stir occasionally until the beef is cooked and no pink coloring remains.
4. Place 1/4th of the salad mixture in a bowl and top with 1/4th of the cheese and 1/4th of the cooked ground beef. Repeat for the remaining three servings.



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