

Cheeseburger Pizza

Ingredients:

½ pound (8 ounces) lean ground beef
1 TBSP Worcestershire sauce
½ teaspoon onion powder
½ teaspoon garlic powder
¼ teaspoon salt
1/4 cup Walden Farms Thousand Island Dressing
1 serving Diet Right cheddar cheese sauce
1 TBSP Walden Farms ketchup
1 TBSP mustard (optional)
1/4 cup dill pickle slices, drained
1 cup chopped tomato
1/4 cups chopped onion
Shredded lettuce

Directions:

1. Make our cauliflower crust recipe
2. Brown the ground beef and drain
3. Add Worcestershire sauce, onion powder, garlic powder, and salt and stir well to combine
4. Spread the Thousand Island dressing on crust
5. Top with pickles, onions, tomatoes and shredded lettuce
6. Swirl ketchup and mustard around top
7. Swirl cheese sauce over the top
8. Bake at 425 for 10 minutes

Servings: 2 or half the pizza uses the following:

4oz protein, 1.25 cups select and 1/2 cup occasional veggies, 1 extra, salt, 1 teaspoon oil, one low carb protein product.