

PIZZA BURGER

Ingredients:

FOR BURGER CRUST:

- 7 oz. ground beef or any lean meat choice.
- 1 egg
- ¼ tsp salt
- ¼ tsp pepper

FOR TOPPING:

- ½ cup zero added sugar pizza sauce
- 1 packet of Diet Right Cheese Dip
- ½ cup tomato chopped
- Shredded lettuce.
- ¼ cup chopped onion

Directions:

1. Preheat oven to 400 degrees.
2. Mix the ground meat the egg, salt, and pepper until thoroughly combined.
3. The meat will release some drippings, so use a wire rack baking sheet or line a baking sheet with parchment paper.
4. Divide the meat mixture into 2 servings.
5. Roll into balls and flatten out the meat crust mixture into thin flat circles using wet hands or a spatula.
6. Place on baking sheet and bake for 20 minutes.
7. While the crust is in the oven, cut the vegetables and mix the ingredients for the dressing in a small bowl.
8. Remove the meat crust from the oven and spread the pizza sauce evenly over the crust. Spread The Diet Center Cheese Dip over the top of the crust.
9. Place the burger crust on plates. Top with tomatoes, onion, and lettuce.

Servings: makes one serving

Each serving = 8oz protein, 1 cup occasional veggies, ¼ cup select veggies, 1 Diet Right product, ¼ cup select veggies, ¼ tsp salt

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