

STEAMED CHEESEBURGER LETTUCE WRAPS



50 STATES
☆☆☆
50 PLATES

featuring

★ FRANKLIN BECKER ★

Paid spokesperson for Novo Nordisk.

INGREDIENTS

- ★ 1 pound 90/10 lean ground beef
- ★ Freshly cracked black pepper, to taste
- ★ 1 tablespoon + 1 teaspoon light mayonnaise
- ★ 1 tablespoon + 1 teaspoon no sugar added ketchup
- ★ 1 small white onion, peeled and thinly sliced into rounds, (about 8 ounces)
- ★ ¼ cup reduced fat shredded sharp cheddar cheese, divided
- ★ 8 large leaves butter or green leaf lettuce, for serving
- ★ 1 small vine-ripened tomato, thinly sliced, for serving

DIRECTIONS

In a large bowl, combine the ground beef and pepper. Divide evenly and form four ½-inch-thick hamburger patties and set aside.

Set a steamer basket inside a large heavy-bottomed pot with a tight-fitting lid. Add just enough water to fill the pot to about ¼" below the bottom of the steamer basket, cover, and bring to a boil over medium-high heat. Meanwhile, whisk together the mayonnaise and ketchup, cover, and set aside.

When the water is ready, scatter the sliced onions over the steamer basket and carefully place the patties on top. Cover the pot and steam until the onions are soft and translucent and the burgers have cooked through to the desired doneness, about 7 to 8 minutes for medium, about 9 to 10 for medium well. Remove the lid and top each with 2 tablespoons of shredded cheese. Cover again and steam until the cheese has melted, about 30 seconds.

Serve the cheeseburgers and steamed onions sandwiched between lettuce leaves, topped with tomato and drizzled with sauce.

Serving Size and Nutritional Information:

Serves 4 (Serving Size 1 Burger = 210g)

270 Calories Per Serving, **15g** Total Fat,

5g Total Carbohydrates, **27g** Protein

Estimated nutrition information is provided as a courtesy. Data gathered via a registered nutritionist. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.



Want more recipes? Download more delicious, type 2 diabetes-friendly recipes at MyType2Transformation.com.



Novo Nordisk is a registered trademark of Novo Nordisk A/S. All other trademarks, registered or unregistered, are the property of their respective owners.
© 2024 Novo Nordisk All rights reserved. US23OZM00628 January 2024