
 • ENTREE •

Cheeseburger Salad



Recipe makes 4 servings

PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

SALAD INGREDIENTS

- 1 lb. lean ground beef or ground turkey
- 1 tbsp olive oil
- ½ tsp ground sea salt
- ½ tsp freshly ground black pepper
- 6 cups roughly chopped romaine lettuce or spring mix
- 1 cup cherry tomatoes, halved
- ½ cup finely shredded cheddar cheese

VINAIGRETTE INGREDIENTS

- ¼ cup olive oil
- 1 tablespoon Dijon mustard
- 1 tablespoon red wine vinegar
- 2 teaspoons Worcestershire sauce or coconut aminos

INSTRUCTIONS

1. Cook ground meat in a large frying pan with olive oil over medium heat. Season with salt and pepper. Break up finely and sauté until cooked through, about 7-9 minutes
2. While the meat is cooking, whisk together the vinaigrette ingredients in a small bowl
3. Place salad greens and cooked beef in a large bowl. Top with tomatoes and cheese. Drizzle with vinaigrette and toss
4. Divide evenly between 4 bowls or plates