

It is THE DELUXE CHEESEBURGER SALAD from Pampered Chef. Yummy!!!  
For Weight Watchers, 1 cup is approximately 4 points.

Ingredients:

4 Sesame seed hamburger bun tops (Karen says: DON'T EAT THE BUNS!)  
1 small red onion, divided  
2 plum tomatoes (up to 1 cup of sliced tomatoes = zero points)  
3/4 lb 95% lean ground beef (I used 1 pound or more lean ground turkey)  
1/2 cup finely diced dill pickles  
3/4 cup ketchup  
1 Tbsp yellow mustard  
8 Cups thinly sliced Romaine lettuce  
1 Cup (4 oz) shredded fat free cheddar cheese (1 point per ounce)

1. Preheat oven to 425 degrees. Slice bun tops into 1/4 strip (if bun tops are very thick, slice bottoms off horizontally before slicing into strips.) Arrange in a single layer on pan. Bake 8-10 minutes or until lightly toasted. Remove to cool.

2. Slice half of the onion crosswise into thin rings. Remove and discard stems from tomatoes; cut tomatoes into quarters lengthwise and slice crosswise. Set onions and tomatoes aside.

3. Cook ground beef over medium high heat 5-7 minutes or until no longer pink, breaking beef into crumbles. In a bowl combine ketchup, and mustard. Add cooked ground beef, mix well. Optional, dice remaining onion, add it and the pickles to the meat mixture. (I do not do this.)

4. To serve, arrange lettuce on large serving platter, top with cheese, tomatoes, pickles and sliced onion. Spoon meat mixture over lettuce. Arrange hamburger bun croutons around edge of platter. Serve immediately.

For ground turkey, 1 ounce with ketchup and mustard equals 1.25 – 1.75 points; use low fat turkey or all white meat for 1.25 point per ounce. 2 ounces of meat is enough. Also, the type of ketchup makes a difference, I calculated using highest points)

For 95% lean ground beef with ketchup and mustard, 1 ounce equals 1.6 points. two ounces of meat is enough.

For salad without meat, 1 cup = .5 (half) point (includes cheese, but not meat.)