



Hungry Mac 'Bella Stack Burger



Entire recipe: 234 calories, 2g total fat (0g sat. fat), 946mg sodium, 45g carbs, 9.5g fiber, 12g sugars, 14.5g protein

Prep: 5 minutes **Cook:** 10 minutes



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Ingredients

Sauce

- 1 1/2 tbsp. fat-free Thousand Island dressing
- 1 tsp. finely minced onion or 1/2 tsp. dried minced onion
- 1/8 tsp. granulated white sugar or Splenda No Calorie Sweetener (granulated)
- 1/8 tsp. white wine vinegar

Sandwich

- 2 portabella mushroom caps
- 1 1/2 small light hamburger buns (1 top and 2 bottoms)
- 1/4 cup shredded lettuce
- 1 slice fat-free American cheese
- 1 tbsp. diced onion
- 3 hamburger dill pickle chips

Directions

In a small bowl, thoroughly mix sauce ingredients.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Place mushroom caps in the skillet, rounded sides down. Cover and cook until soft, about 4 minutes per side.

Spread one bottom bun with half of the sauce. Top with 2 tbsp. lettuce. Top with cheese and 1 mushroom cap, and sprinkle with 1/2 tbsp. diced onion.

Spread remaining half of the sauce on the other bun bottom, and place it on the sandwich, sauce side up. Top with pickle chips and remaining 2 tbsp. lettuce. Top with the remaining mushroom cap and remaining 1/2 tbsp. onion.

Add the bun top and open wide!

MAKES 1 SERVING

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