

Big Mac in a Bowl

If you have loved Big Mac's in your previous life, this salad is a lighter and lower carb version with all of the flavors.

Ingredients

- 2 tablespoons full-fat mayonnaise
- 2 tablespoons full-fat Greek yogurt -OR- light sour cream
- 2 tablespoons low sugar ketchup
- 2 teaspoons water
- 1 teaspoon white vinegar
- 1 tablespoon sweet pickle relish
- 1 tablespoon minced white onion
- Optional: 1/2 teaspoon sugar or sugar substitute
- dash hot sauce
- 1 teaspoon salt, divided
- 2 teaspoons olive oil
- 1 large sweet onion, chopped
- 2 cloves garlic, minced
- 1 pound 98 % lean ground beef
- 1 large head romaine lettuce, chopped or bagged shredded lettuce
- 2 large ripe tomatoes, chopped
- 1 cup shredded 2 % sharp cheddar cheese
- dill pickle slices (optional)



Instructions

1. In a small bowl, whisk the mayonnaise, yogurt (or sour cream), ketchup, water, vinegar, relish, onion, sugar, hot sauce, and a pinch of salt. Set aside.
2. In a large skillet, heat the oil over medium-high heat. Add the onion and cook, stirring frequently, until just beginning to soften, about 2 minutes. Add the ground beef and cook for about 6-7 minutes, stirring occasionally and using the spatula to crumble the meat. Add the garlic and stir constantly for 30 seconds, until fragrant. The meat should no longer be pink; if it is, continue to cook until browned. Remove pan from heat and set aside while you assemble the salads.
3. Divide the romaine, tomatoes, and cheese evenly among four large bowls or plates. Divide the beef mixture evenly among the salads. Drizzle each serving with 2 heaping tablespoons dressing. Serve immediately.