

WELLNESS CONNECTION

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NOURISHING YOU - Healthy Cheeseburger Bites

Recipe by Leana Coffey

Low-carb | Kid-friendly | Recipe includes a gluten-free option

If you are looking for an easy appetizer for the Super Bowl, a quick meal idea the kids will love, or a delicious way to add more protein to your diet, then this recipe fills the bill. It has all the qualities we love in a cheeseburger, without the calories and fat.

These cheeseburger bites are baked in a mini-muffin pan, but can easily be doubled to bake in a regular size muffin pan. Simply add a couple minutes to the baking time.

To make this gluten-free, replace the breadcrumbs with gluten-free breadcrumbs or crushed pork rinds. You can substitute with ground turkey if you would like to reduce your red meat consumption. Watch the sauces you dip these in, as many can be high in sugar. If there are leftovers (which is unlikely!), they can be reheated or frozen.

Ingredients

- 1 lb Lean Ground Beef, macros with 96/4
- 3/4 C Liquid Egg Whites, or 4 whole egg whites



Photo Credit: masonfit.com

- 1/2 C Fat-Free Shredded Cheddar
- 1/2 C Shredded Parmesan Cheese
- 1/2 C Breadcrumbs
- 1/4 C Reduced Sugar Ketchup
- 3 T Mustard
- 5 Small Dill Pickles, finely diced (relish may work here as well)

Instructions

1. Preheat oven to 400F and spray a 24-mini-muffin tin with nonstick cooking spray.
2. Brown the ground beef (or meat of choice) in a large skillet over medium-high heat.
3. While the meat cooks, mix the remaining ingredients in a large mixing bowl.
4. After briefly cooling, add the cooked meat to the remaining ingredients, stirring until even.
5. Spoon the mixture into the mini muffin tin, making sure to remove any excess between slots.
6. Bake for 23-25 minutes or until muffin tops are golden brown.

Nutrition Information: (Per Burger Bite) Calories 48 | Fat 1.3g | Carbs 2.3g | Protein 6.8g

