



CHOPPED “BIG MAC” SALAD

By Dr. Cindy Tanzar

If you're looking to satisfy your cravings for some of your old favorites - try this healthy version instead! This really is a fun, tasty salad! Make sure your pickles are dill (not sweet) to avoid unwanted sugar.

Make 4 servings.



INGREDIENTS

FOR THE BEEF

- 1 Tbsp avocado oil
- 1 pound ground beef
- 1 Tbsp prepared yellow mustard
- 1 tsp garlic powder
- 1 tsp pink Himalayan salt
- 1/4 tsp black pepper
- 1/2 tsp smoked paprika
- 1 tsp dill pickle juice



FAMILY MEAL

- 5-6 Tbsp 1000 Island Dressing
- 6 cups romaine lettuce, chopped
- 1 cup cherry tomatoes, halved
- 1/2 cup red or sweet onion, diced
- 1/2 cup dill pickles, diced or halved
- 1/2 cup shredded cheddar cheese

INSTRUCTIONS

1. Combine the mustard, garlic powder, salt, pepper, smoked paprika and pickle juice in a small bowl.
2. Heat oil in a large pan over medium-high heat. Add ground beef and brown on one side, flip and mix in the mustard mixture. Cook until meat is browned and set aside.
3. At this point, you can make an entire salad for the family using the entire pound of beef or make an individual meal by making a single salad and using 1/4 of the ground beef mixture (saving the rest to re-heat for lunches).