

Pizza Burger



Pre-made hamburger patty (3 oz)
1 tbsp. pizza sauce
¼ cup low-fat mozzarella cheese, shredded

Broil or grill hamburger patty. Top with sauce and cheese. Broil or microwave until cheese melts. Use extra lean hamburger, lean turkey burger or black bean burger to lower fat and calorie counts. Makes 1 serving.

Nutrition information per serving: 318 calories, 29 grams protein, 19 grams fat, 3 grams carbohydrate, 295 mg sodium.