



Teriyaki Burger Bowl



Entire recipe: 319 calories, 8g total fat (3g sat. fat), 768mg sodium, 36.5g carbs, 6g fiber, 22.5g sugars, 26.5g protein

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

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Ingredients

- 1/4 cup pineapple tidbits packed in juice (not drained)
- 1 1/2 tbsp. thick teriyaki marinade or sauce
- 3 cups shredded iceberg lettuce
- 1/2 cup shredded carrots, roughly chopped
- 4 oz. raw lean ground turkey (7% fat or less)
- 1/3 cup finely chopped sweet onion
- 1/8 tsp. garlic powder
- 1/8 tsp. onion powder
- 2 tbsp. canned water chestnuts, drained and roughly chopped
- 2 tbsp. chopped scallions
- Optional topping: sesame seeds

Directions

To make the sauce, thoroughly drain the juice from the pineapple into a small bowl (reserve pineapple). Add 1 tbsp. teriyaki marinade/sauce and 1 tsp. water. Mix until uniform.

Place lettuce and chopped carrots in a medium-large bowl.

Bring a skillet sprayed with nonstick spray to medium-high heat. Add turkey, onion, garlic powder, and onion powder. Cook and crumble for about 4 minutes, until turkey is fully cooked and onions have softened.

Remove skillet from heat. Stir in remaining 1/2 tbsp. teriyaki marinade/sauce.

Add turkey mixture to the large bowl. Top with drained pineapple, water chestnuts, and scallions.

Top with sauce, or serve it on the side.

MAKES 1 SERVING

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