



# The Cheeseburger Salad

## INGREDIENTS

- 12 ounces 90% lean ground sirloin
- ½ teaspoon freshly ground black pepper
- ¼ teaspoon salt
- Cooking Spray
- 1 large red onion peeled and cut horizontally into ¼ inch thick slices
- 1 (10 ounce) package chopped romaine hearts
- 1 ½ cups chopped tomato
- 3 ounces 2% reduced fat cheddar cheese shredded (about ¾ cup)
- 1/3 cup low fat mayonnaise
- ¼ cup unsalted ketchup
- 2 tablespoon water
- 1 ½ cup potato chips

## DIRECTIONS

1. Shape beef into 2 (1-inch thick) patties; sprinkle with pepper and salt. Heat skillet over medium- high heat, coat pan with cooking spray. Add patties; cook 3 to 4 minutes on each side.
2. Add onions to pan; cook 5-6 minutes on each side, separate into rings, cut burgers into bite sized pieces. Divide romaine, burgers, onion, tomato, and cheese among 4 bowls.
3. Combine mayonnaise, ketchup, and 2 tablespoons water in a small bowl stirring with a whisk, drizzle evenly over salads. Lightly crush potato chips with your hands and sprinkle evenly over salads.

# Spicy-Sweet Roasted Sweet Potatoes

## INGREDIENTS

- 3 large sweet potatoes peeled and cut into 1/2-inch pieces.
- 3 tablespoons olive oil or vegetable oil
- 1 tablespoon packed light brown sugar
- ¾ teaspoon salt
- ½ teaspoon chili powder
- ½ teaspoon paprika
- ½ teaspoon onion powder
- ½ teaspoon cayenne pepper
- ¼ teaspoon black pepper

## DIRECTIONS

1. Preheat oven to 425 degrees.
2. Place sweet potatoes in a large bowl and drizzle with oil.
3. Add remaining ingredients and stir to coat sweet potatoes evenly.
4. Spread sweet potatoes out on a large baking sheet.
5. Bake 15 minutes. Stir and bake another 15 to 20 minutes.



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