



K-KITCHEN

MONTHLY RECIPES + NUTRITION COACHING

Ingredients

- 1 1/2# ground beef
- 1 1/2t sea salt
- 1/2t ground pepper
- 2t Worcestershire sauce
- Chopped mixed greens (enough for your crowd to use in place of buns)
- 1/2c avocado mayo
- 2T no-sugar ketchup
- 2t yellow mustard
- 1t apple cider vinegar
- 1/2t smoked paprika
- 1/2t onion powder
- 20-30 organic dill pickles, sliced
- 4-6oz sharp cheddar cheese
- Grape tomatoes

Big Mac in a Bowl

Preparation

1. Brown the beef with salt, pepper and worcestershire sauce.
2. Combine mayo through onion powder in a blender. Add 15-20 sliced pickles and blend until smooth. If needed, add some pickle juice or water to get the consistency you like.
3. Assemble the salad starting with greens, beef, tomatoes, cheese and top with extra pickles if desired. Drizzle the dressing over the top.

Tips

This salad is great with avocados, cucumbers or any other veggie you like on your salad.

Even though these aren't the exact ingredients on the famous burger, the flavor is similar enough that foodies and fast foodies both seem to enjoy.

Serves 4-6 and can easily be adjusted to serve more or less.