

BIG MAC PICKLE BOAT



SERVING SIZE

4



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Large Dill Pickles	4	Onion Powder	½ tsp.
Ground Beef	1 lb.	Ground Mustard	½ tsp.
Small Onion Finely Diced (Divided)	½ ¼ cup	Olive Oil	1 tsp.
Worcestershire Sauce	1 tbsp.	Salt and Pepper	To taste
Garlic Powder	1 tsp.	Shredded Cheddar Cheese	⅓ cup
		(Maintenance Only)	
		Walden Farms Thousand Island Dressing	



PREPARATION

- Slice the pickles in half lengthwise, scoop out the center to create boats, and set aside.
- Add ground beef, Worcestershire sauce, garlic powder, onion powder, ground mustard, salt, and pepper to a skillet.
- Cook until the beef is browned, breaking it up as it cooks.
- Fill each hollowed-out pickle half with the cooked beef mixture.
- Top with diced onions and shredded cheese (if using).
- Place under a broiler for 1-2 minutes until cheese is melted.
- Top with a drizzle of Walden Farms Thousand Island Dressing and enjoy this fun, low-carb Big Mac twist!