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MON TUES WED THURS 02.27.14 FRI

WEIGH-IN
WEEKLY WEIGH-IN

This weekend marks the 86th Academy Awards ceremony! Celebrate with these delicious Hollywood-inspired dishes...



American Hustle Melt **PRINT**
 Entire recipe: 228 calories, 5g fat, 781mg sodium, 28g carbs, 7g fiber, 9g sugars, 16.5g protein -- **PointsPlus®** value 5*

What's more American than burgers and BBQ? The fact that this recipe is guilt-free is the ULTIMATE hustle...

Prep: 5 minutes
Cook: 10 minutes

Ingredients:
 1 frozen meatless hamburger-style patty with 100 calories or less (like [Boca Original Vegan Veggie/Meatless Burger](#))
 1/2 cup sliced onion
 1 slice light bread
 1 wedge [The Laughing Cow Light Creamy Swiss cheese](#)
 1 tbsp. BBQ sauce with 45 calories or less per 2-tbsp. serving
 1/2 tsp. finely chopped cilantro

Directions:
 Bring a skillet sprayed with nonstick spray to medium heat. Add burger to one side and onion to the other. Cook for 3 minutes, stirring onion occasionally. Flip burger, and cook for 3 more minutes, stirring onion occasionally, until burger is cooked through and onions are slightly browned.

Meanwhile, toast bread.

Place burger over the toasted bread, and spread with cheese wedge. Top with onion, BBQ sauce, and cilantro. Enjoy!

MAKES 1 SERVING

Hungry Duke Casserole **PRINT**
 1/4th of recipe: 325 calories, 10g fat, 845mg sodium, 31g carbs, 3g fiber, 9g sugars, 28g protein -- **PointsPlus®** value 8*



Oscar-winner John Wayne has a classic dish named after him. We're putting our tasty spin on the John Wayne Casserole, which apparently earns rave reviews at -- of all places -- a [hospital cafeteria!](#)

Prep: 30 minutes
Cook: 1 hour

Ingredients:
 12 oz. raw extra-lean ground beef (4% fat or less)
 2 cups chopped mushrooms
 1 cup finely chopped cauliflower
 1 1/2 tbsp. taco seasoning mix
 1/4 tsp. garlic powder
 1 cup chopped green bell pepper
 1 cup chopped yellow onion
 1/4 cup fat-free sour cream
 1/4 cup fat-free mayonnaise
 3/4 cup shredded reduced-fat cheddar cheese
 2/3 cup [Bisquick Heart Smart baking mix](#)
 1 cup sliced tomato
 1/4 cup jarred jalapeño slices, drained

Directions:
 Preheat oven to 325 degrees. Spray an 8" X 8" baking pan with nonstick spray.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Cook and crumble beef until it begins to brown, about 3 minutes. Add mushrooms and cauliflower. Stirring veggies and crumbling the beef, cook until veggies have softened and beef is fully cooked, 6 - 8 minutes.

Add taco seasoning, garlic powder, and 1/3 cup water. Mix well. Cook and stir until any excess liquid has evaporated, about 2 minutes. Transfer to a large bowl.

Clean skillet. Re-spray and return to medium-high heat. Add bell pepper and 1/2 cup onion. Cook and stir until softened and browned, 4 - 6 minutes.

In a medium bowl, mix sour cream with mayo until uniform. Stir in 1/2 cup shredded cheese and remaining 1/2 cup raw onion.

To make the dough, in another medium bowl, whisk 1/2 cup water with the baking mix until uniform. Evenly pour mixture into the baking pan.

Evenly layer the following ingredients into the pan: beef mixture, sliced tomato, cooked veggies, drained jalapeño slices, and sour cream mixture. Sprinkle with remaining 1/4 cup shredded cheese.

Bake until filling is hot and dough is cooked through, about 30 minutes. Enjoy!

MAKES 4 SERVINGS



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CHEW ON THIS:
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