Ground beef can be cooked in a variety of dishes including casseroles, soups, tacos, meatballs, or as the classic hamburger! For a low-carb twist on an American classic, try this lettuce-wrapped cheeseburger recipe!

Lettuce-Wrapped Cheeseburgers

Yields: 6 servings

Ingredients:

- 2 lbs. lean ground beef
- ¼ tsp. salt
- 1 tsp. pepper
- 1 T. reduced sodium Worcestershire sauce
- 1 T. oregano
- 2 T. reduced sugar ketchup
- 2 tomatoes, sliced thin
- 1 head of iceberg lettuce, leaves removed
- 6 slices American cheese

Spread:

- ¼ cup lite mayo
- 3 T. reduced sugar ketchup
- 1 T. dill pickle relish
- Dash of salt and pepper

Directions:

1. Heat your grill pan or skillet on medium heat. In a large bowl, mix together the beef, salt, pepper, Worcestershire, oregano and ketchup. Divide the mixture into 6 sections, and roll each piece into a ball, then press down flat and place on the grill pan.
2. Cook each burger for about 5 minutes on each side. Do not press down the burgers. Once you flip the burger, and the other side has about 2 minutes to cook, put 1 slice of cheese on each burger.
3. In a small bowl, mix together the spread ingredients and refrigerate.
4. Once you have cooked all your burgers and removed from the pan, assemble them. Place 1 cheeseburger on the lettuce leaf, top with 2 slices tomato, a spoonful of spread, then wrap top to bottom with another lettuce leaf.

Nutrition Info Per Serving: 354 Calories, 13g Fat, 5.2g Saturated Fat, 4.5g Carbohydrate, 44g Protein, 477mg Sodium

*Today, July 28th, is **National Hamburger Day**! Red meat has received a bad rap in recent years, but lean beef is a good source of protein, B vitamins, selenium and zinc, and can be included in a healthy diet. Ground beef packages are labeled with %lean and %fat. For lean ground beef, choose 93% lean 7% fat. Most labels have a "sell by" date or when to "use or freeze" by date and it's best to follow these dates for food safety reasons. Store ground beef in the coldest part of your fridge or store in bulk in the freezer. Ground beef can be frozen in its original transparent packaging for up to 2 weeks, or up to 4 month if wrapped in a food-safe plastic freezer bag. For food safety reasons, it's important to cook all ground beef thoroughly to 160 degrees F. The color of cooked ground beef is not a reliable indicator of doneness.*