



## Hungry Mac 'Bella Jr.



Entire recipe: 234 calories, 7g total fat (2.5g sat. fat), 627mg sodium, 33g carbs, 7.5g fiber, 8.5g sugars, 14g protein

**Prep:** 5 minutes    **Cook:** 10 minutes

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### Ingredients

#### Sauce

1 tbsp. light Thousand Island dressing  
1 tsp. finely minced onion  
1/8 tsp. granulated white sugar  
1/8 tsp. white wine vinegar

#### Sandwich

1 portabella mushroom cap (stem removed)  
One light English muffin or 100-calorie sandwich bun  
1 slice reduced-fat cheddar cheese  
3 hamburger dill pickle chips  
1 tbsp. diced onion  
1/4 cup shredded lettuce

### Directions

In a small bowl, thoroughly mix sauce ingredients.

Bring a skillet sprayed with nonstick spray to medium-high heat. Place mushroom cap in the skillet, rounded side down. Cover and cook until soft, about 4 minutes per side. Blot away excess moisture.

Spread half of the sauce on the bottom bun. Top with mushroom cap, cheese, pickles, onion, and lettuce.

Spread remaining sauce on the top bun, and place it on the sandwich, sauce side down.

#### MAKES 1 SERVING

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