

# Big Mac Sloppy Joes

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Serves 6, 5 FSP per serving Adapted from [thisisnotdietfood.com](http://thisisnotdietfood.com)

- 1 lb 96% lean ground beef
  - 1/4 cup reduced fat mayo
  - 3/4 cup Kraft Fat Free Thousand Island Dressing
  - 1 tsp salt
  - 1 tsp pepper
  - 1/2 cup dill pickles, chopped
  - 1 cup onions, diced
  - 4 oz Cabot 75 cheddar cheese, shredded
  - 1 cup Iceburg lettuce, shredded
1. Cook ground beef in a large frying pan over medium-high heat. Crumble the beef well as it cooks. Drain the grease from the pan and reduce heat to medium.
  2. Add the mayo, Thousand Island Dressing, salt and pepper to the pan. Stir well until all the ground beef is coated.
  3. Add the diced pickles and diced onions to the pan
  4. Stir well and reduce heat to low.
  5. Toast your buns if you would like
  6. Add the shredded cheddar to the ground beef pan and stir just until the cheese is combined with the meat.
  7. Serve on buns with shredded lettuce

