



Cheeseburger Phyllo Bites



1/3rd of recipe (5 phyllo shell bites): 124 calories, 3.5g total fat (0.5g sat. fat), 395mg sodium, 16g carbs, 1.5g fiber, 2g sugars, 9g protein

Prep: 5 minutes **Cook:** 15 minutes

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Ingredients

15 frozen mini phyllo shells (like [the kind by Athens](#))
1/4 cup finely chopped onion
2/3 cup frozen ground-beef-style soy crumbles (like the kind by [Boca](#) or [MorningStar Farms](#))
2 wedges [The Laughing Cow Light Creamy Swiss cheese](#)
2 tsp. ketchup
2 tsp. mustard
2 tbsps. finely chopped dill pickle

Directions

Preheat oven to 350 degrees.

Place shells on a baking sheet, and bake until lightly browned and crispy, 3 - 5 minutes.

Bring a skillet sprayed with nonstick spray to medium heat. Cook and stir onion until softened, about 4 minutes. Add soy crumbles, and cook and stir until hot, about 2 minutes.

Transfer to a medium bowl. Add cheese wedges, breaking them into pieces, and stir until uniform.

Evenly distribute mixture among the phyllo shells.

Top with ketchup, mustard, and pickle. Eat up!

MAKES 3 SERVINGS

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