



Western Bacon Burger

My WW-ified take on the Carl's Jr. & Hardees icon.

For most of my adult life, one of my favorite "chain" burgers has been the Western Bacon Cheeseburger at Carl's Jr.' but.... c'mon, the real thing is 25 points!!! So, in my never ending quest to remain a semi-skinny glutton, I had to figure out a lower calorie, lower fat, low point version of my favorite drive thru guilty pleasure... other than Dairy Queen's Blizzards, of course.

Servings Info.:

Yields: 4 burgers
 Servings: 4
 Serving Size: 1 burger



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- last checked 03/29/24 -
 Listed Points **DO NOT INCLUDE BREAD!** Use whatever bread you want, then add my points to the bread.

Ingredients:

Savory Ground Turkey Patties

- 3/4 batch of my 'Savory' meat mix, recipe on page 26

Quick BBQ Sauce

- Prepare a batch of my BBQ Sauce, recipe on pg. 16

Oven Baked Onion Rings

- 1 batch of my crispy oven-baked onion rings, recipe in the 'Side Dishes' section, on pg. 164-165

Additional Ingredients:

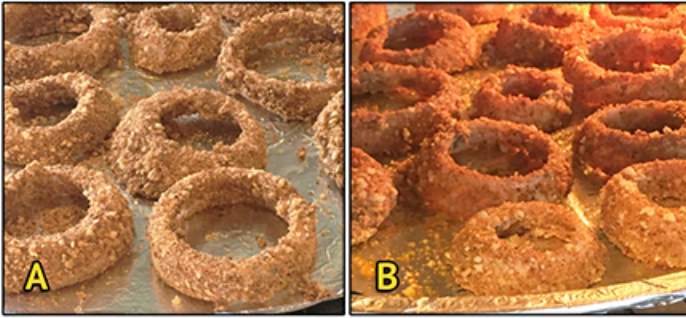
- 4 low point american cheese slices, such as Borden's Fat Free singles (3 points for 4 slices), or Velveeta Original (6 points)
- 8 slices Oscar Mayer 'regular' Center Cut Bacon. This is a tricky one. You'll start with 8 slices, though technically, you will only be using 6 slices, to factor points. **READ THE NOTES!**

Directions:

- 1 Mix all of the BBQ sauce ingredients together in a small pot. Bring to a low boil, then turn off heat. Adjust seasonings as desired, set aside.



- 2 (A) Take your 3/4lb of raw "savory" ground turkey mix, then section it into 4 equal portions. (B) Form each section into a burger patty, then set aside (C) Prep a batch of my onion rings, DON'T FORGET to toast the crumbs. Preheat your oven to 425 degrees. (D) While the oven is getting to temperature, take your 8 pieces of center cut bacon... and slice 1/4 off of each one. You will now technically only be using 6 slices. Say what??
 Math. $1/4 \times 8 = 2$. You just removed 2 pieces of bacon from the recipe, while KEEPING 8 actual slightly shorter slices, 2 per burger. What do you do with all those little 1/4 pieces? Read the notes, mi amigo.



- 3 Once the oven comes up to temperature, **(A)** spray the rings with cooking spray, then place into the oven and **(B)** bake for 15-20 minutes at 425, or until lightly golden and crispy. Remove from oven, set aside.



- 4 While the onion rings are baking, **(A)** cook the bacon till crispy, then pat it dry to remove as much oil as possible. Set aside. Clean the pan to remove the grease, then spray with cooking spray. **(B)** Cook the burger patties, over medium heat for 2-1/2 on one side, then flip. Top with American cheese, add a little water to the pan, then cover and cook for 2 minutes, melting the cheese. Set aside.



- 5 To assemble the burgers, first toast the buns. **(A)** Smear some bbq sauce onto the bottom bun, followed by 2-3 rings. Slightly press down on them with your palm, so your patty will sit flatter. **(B)** Place one cheeseburger patty on top of the rings, topped with more bbq sauce. **(C)** Place 2 bacon strips on top of the patty, then **(D)** drizzle with more bbq sauce and vcover with the top bun. Done.

NOTES & SUGGESTIONS:

- **CHEESE:** Though there are many low point brands of melty American/Cheddar cheese slices, I used Velveeta Originals. They are widely availability in most major grocery stores, nationwide. However, use what you want.
- **BACON:** Center Cut Bacon is a tricky one, in the database. Some brands show as being 3 points per slice, some are 1 point. The reason is simple. Most brands of center cut bacon are 1 point per slice, as long as you don't buy "Thick Cut" center cut bacon. IF... you cook them, pat them dry and remove as much oil as humanly possible. Cooked in this way, most are 1 point. I'm using Oscar Mayer 'regular' brand, because it's widely available.
- **3/4 BACON SLICES?:** Ok, here's the deal. Though you NEED 8 slices of bacon for this, you are actually only using 6, due to trimming them. The reason is: To cut points and calories from the recipe. It also looks more proportional.
- **BBQ Sauce:** You don't have to use mine. Use whatever sauce you want, but adjust your points if necessary.
- **LEFTOVER BACON?:** The AWESOME thing about having those leftover 1/4 slices of center cut bacon,.. is what you can do with them. I typically cook them all, pat them dry and put them in a ziplock bag in the freezer. If you ever want a 0 point addition to a dish, thaw one out, chop it up, sprinkle it onto your salad, add it into your entree or appetizer and there you go... a 1/4 slice is 0 points.

