

Royale With Cheese

"They don't call it a Quarter Pounder in France?" - Vincent Vega

"... Naaaaah, man... They've got the Metric system." ... Hey, folks and welcome to another edition of.. Pimp, my, Burger! "applause". In this episode, I'll be taking a 17 point (on blue) McDonald's Quarter Pounder with Cheese, and using some WW voodoo black kitchen magic, to turn it into a low point burger. That's right, we're taking McDonald's little fat boy that could, and turning it into a lean, mean, sexy-body-makin' machine. We're using low calorie, low fat cheese singles, my 'savory' ground turkey, instead of beef.. and my low point ketchup to cut the sugar and calories even further.

Ingredients:

Burger Patties:

- 1lb batch of my 'Savory' ground turkey mix, recipe in my "Cookbook: Volume 1", on page 30. Form into 4 patties.

Low Point QUICK Ketchup: (makes 1-1/4 cup for 1 total point)

- 1 cup canned, unsalted tomato sauce
- 2 Tbsp unsalted tomato paste
- 1 Tbsp apple cider vinegar
- 1 Tbsp lemon juice
- 1 tsp worcestershire sauce
- 1/2 tsp celery salt
- 1/4 tsp each, onion powder, garlic powder, black pepper
- 2 to 3 tsp 0 point sweetener o' choice (to taste).

Additional Toppings:

- 1 medium onion, quartered, then sliced into 1/4 thick strips.
- Dill pickle slices
- Classic yellow mustard
- 8 slices of low point American cheese, such as the following:
• Velveeta Originals, Borden's Fat Free Cheddar Slices, Walmart's Great Value brand, etc. (*see notes*).***
- Chuck Norris tears. Dang... looks like you'll never be able to make this burger.

Servings Info.:

Yields: 4 burgers

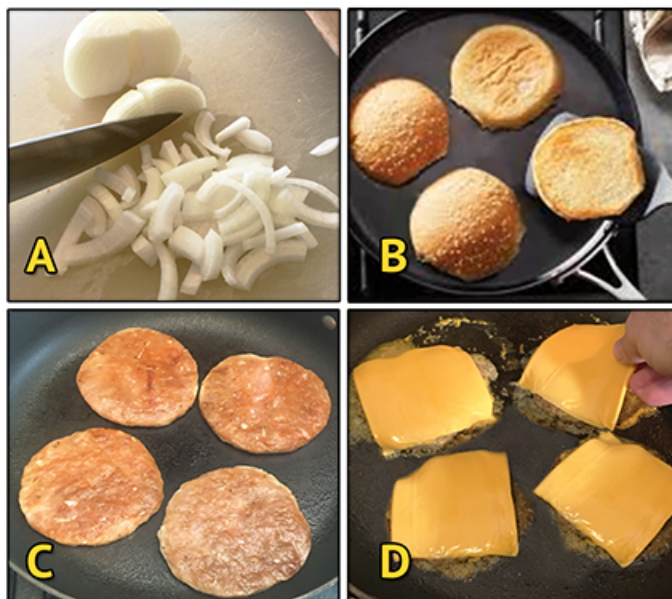
Servings: 4

Serving Size: 1 burger

Points:

	G	B	P
1 serving =	5	3	3
2 servings =	9	6	6
3 servings =	14	9	9
4 servings =	18	12	12

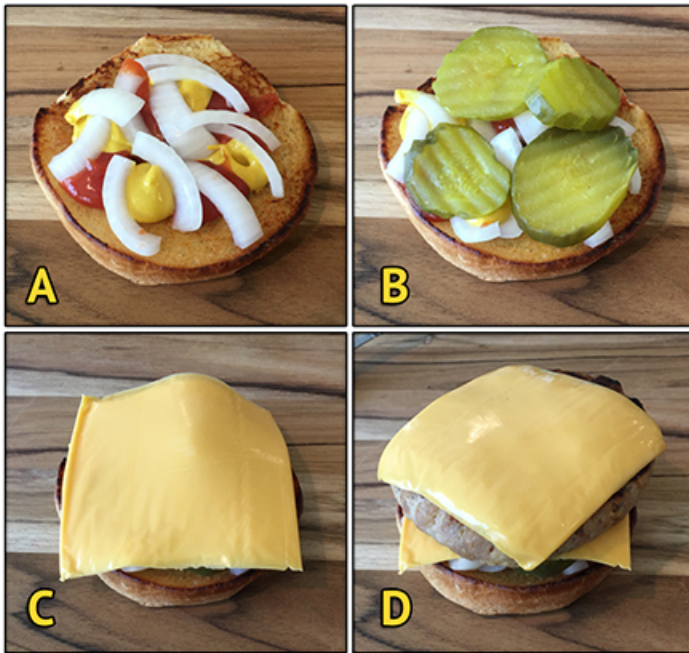
(These listed points **DO NOT INCLUDE** the bun. Use whichever brand buns or bread you want, then add these points. This is what's between the buns)



3. (A) Slice your onion in half, then again into 1/4's. Slice across to make thick strips. Set aside.. (B) Toast your buns, set aside.. (C) Preheat a pan for 1 minute on medium heat. Use cooking spray to cook the patties for 3 minutes on one side, then flip. (D) Place 1 slice of cheese on each patty, then cook 3 more minutes. Remove from heat.

Directions:

1. Mix up the batch of my seasoned ground turkey, set aside for 20 minutes, then form into (4) patties.
2. Mix together all of the ketchup ingredients, till smooth. Adjust seasonings to taste, set aside.



4. **(A)** In a circular pattern, place dime-sized dollops of ketchup and yellow mustard around the bottom bun. Then sprinkle some of the onion slices on top. **(B)** Place a few dill pickle slices on top of the onions. **(C)** Set a slice of American cheese on top of the pickles, then **(D)** put a hot cheeseburger patty on top of the cheese slice. Set the patty so that the 2 slices of cheese are at different angles, as pictured. Finally, place the top bun on top... obviously. Done.

NOTES & SUGGESTIONS:

- **PATTIES:** Greenies who want to save a point, can opt to make thinner 2oz patties, instead of 1/4 pound patties.
- **DOUBLE 1/4 POUNDER WITH CHEESE:** Easy. Add another patty and another slice of cheese, but adjust your points and cut a new hole into your belt... you'll need it.
- **UMM.. UPSIDE DOWN?:** A regular 1/4 pounder from McDonald's has the toppings under the TOP bun, not on the Bottom bun like mine. Feel free to arrange your toppings like that. Because this is the French version, the toppings surrendered before I could get them to the top of the burger.
- **KETCHUP:** You don't need to make my ketchup recipe. Feel free to use no sugar added ketchup, or G. Hughes Ketchup, or whatever you want. However, mine is lower in points than all of the store bought brands, is easy to make... and homemade tastes better.
- **CHEESE:** Use whatever cheese you want, but adjust your points. I personally only use Borden's Fat Free Cheddar slices, because they melt like American cheese and are lower point than all other brands. But... not all stores have them, so I have to use Velveeta Original's in my recipes, because most everyone has access to them. If you can find Borden's Fat Free Slices... GET THEM. They will lower the points for multiple slices vs all other brands.
- **WEIRD AS HECK DESCRIPTION?:** If you're wondering what whackey-tobaccky I was smoking when I wrote this recipe description on the page to the left... those are references from Pulp Fiction. Guess I should make a Big Kahuna Burger next....

