Prep Time: 15 minutes | Cook Time: 10 minutes | Total Time: 25 minutes
Servings: 4 | Difficulty: Easy | Calories: ~420 per serving

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Why You'll Love This Recipe

If you crave the flavors of a classic cheeseburger but want something lighter and fresher, this Cheeseburger Salad is your answer. It captures everything you love about a burger—the seasoned beef, melted cheddar, crisp lettuce, tangy pickles, and that irresistible burger sauce—all in one colorful, satisfying bowl. It's ready in under 30 minutes, naturally low-carb, and endlessly customizable. Perfect for busy weeknights, meal prep, or a crowd-pleasing summer dinner.

Ingredients

For the Burger Seasoning

- 1 lb (450 g) lean ground beef (85/15 recommended)
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon smoked paprika
- ½ teaspoon salt
- ¼ teaspoon black pepper

For the Salad

- 8 cups (about 200 g) romaine lettuce, chopped
- 1 cup cherry tomatoes, halved
- ½ cup red onion, thinly sliced

- 1 cup shredded sharp cheddar cheese
- ½ cup dill pickles, sliced
- 1 avocado, diced (optional)
- 2 tablespoons sesame seeds (optional, for garnish)

For the Burger Sauce Dressing

- ½ cup mayonnaise
- 2 tablespoons ketchup
- 1 tablespoon yellow mustard
- 1 tablespoon dill pickle juice
- 1 teaspoon Worcestershire sauce
- ½ teaspoon garlic powder

Instructions

Step 1: Make the Dressing (5 minutes)

In a small bowl, whisk together the mayonnaise, ketchup, mustard, pickle juice, Worcestershire sauce, and garlic powder until smooth. Taste and adjust seasoning if needed. Set aside—this dressing gets even better as it sits.

Step 2: Season the Beef (2 minutes)

In a medium bowl, combine the ground beef with garlic powder, onion powder, smoked paprika, salt, and pepper. Mix gently with your hands until just combined—don’t overwork the meat.

Step 3: Cook the Beef (8 minutes)

Heat a large skillet over medium-high heat (about 375°F/190°C). Add the seasoned beef and cook, breaking it into small crumbles with a spatula, for 6–8 minutes until browned and cooked through (internal temperature should reach 160°F/71°C). Remove from heat and drain any excess fat. Let cool slightly for 2–3 minutes.

Step 4: Assemble the Salad (5 minutes)

In a large serving bowl, layer the chopped romaine, cherry tomatoes, red onion, pickles, and avocado (if using). Spoon the warm beef over the top, then sprinkle generously with shredded cheddar cheese and sesame seeds.

Step 5: Dress and Serve

Drizzle the burger sauce dressing over the salad—start with half and add more to taste. Toss gently at the table and serve immediately while the beef is still slightly warm.

Recipe Summary at a Glance

Stage	Time	Heat/Intensity
Dressing	5 min	No heat
Seasoning beef	2 min	No heat
Cooking beef	8 min	Medium-high
Assembly	5 min	No heat
Total	25 min	Easy

Nutrition Information (Per Serving)

Nutrient	Amount
Calories	420 kcal
Protein	28 g
Carbohydrates	12 g
— Sugars	6 g
Fat	30 g
— Saturated fat	10 g
Fiber	4 g
Sodium	780 mg
Cholesterol	85 mg