



Bacon Burgers Over Kale Salad

Active Time: 5 minutes | **Total Time:** 15 minutes | **Serves:** 2

Nutrition Information Per Serving

371.5 calories, 10.34 g carbohydrate, 2.02 g fiber, 8.32 g NET carbs, 27.93 g protein, 25.42 g fat

Ingredients

- 1/2 tsp(s) Real Salt
- 1 Tbsp lemon juice
- 2 slice(s) nitrate free bacon, cooked and crumbled
- 8 ounce(s) grass-fed beef
- 1 Tbsp extra virgin olive oil
- 3 cup(s) chopped organic kale

Preparation

1. Cut the kale into bite-sized pieces and remove the stems.
2. Massage the pieces to soften the fibers and add them to a bowl.
3. Whisk the olive oil and lemon juice together and toss with the massaged kale.
4. Combine the beef with the bacon and form into burgers.
5. Grill until cooked to your liking and serve over the kale.

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