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WELLNESS WEEKLY

Building a Better Burger

It is Summer time which means it is time to Fire up the grill for hamburgers! But did you know that even though grilling is a healthier form of cooking; your hamburgers can still be loaded with extra calories and fat! But don't worry; listed below are ways you can build a healthy burger with a few simple tricks and substitutions:

1. Use ground turkey meat instead of Ground Beef and make sure your burger is only 1/4 of a pound. If you season up the meat, your taste buds won't know the difference.
2. Instead of going for a massive bun or Kaiser Roll with a whooping 210 calories, switch it out for a whole wheat lite bun or thin sandwich buns to save over 100 calories (Some stores even carry lite whole wheat buns with only 80 calories!)
3. Instead of using Mayo, use Avocado on your burger. Avocados are full of healthy fats and are high in Omega-3's. Remember a serving of an avocado is on 1/5th of the avocado.
4. Use a reduced-fat or low-fat cheese to cut out additional calories.
5. Load up on low calorie veggies on your burger like tomatoes, onions, and lettuce.

Making these swaps can save you a total 224 of calories and almost 15 grams fat!



Helpful Hint:

If you want to cut calories even further, try using shredded cheese on your burger instead of sliced cheese. You will get the same great taste, but you will use less cheese; therefore, cutting calories and fat.

For a tasty side, try sweet potato fries.

Ingredients

1 large sweet potato, peeled and cut into wedges
2 teaspoons canola oil
1/4 teaspoon salt
Pinch of cayenne pepper

Preparation

Preheat oven to 450°F. Toss sweet potato wedges with oil, salt and pepper. Spread the wedges out on a rimmed baking sheet. Bake until browned and tender, turning once, about 20 minutes total.

Nutrition Per Serving: 122 calories; 5 g fat (0 g sat , 3 g mono); 0 mg cholesterol; 19 g carbohydrates; 0 g added sugars; 2 g protein; 3 g fiber