

Healthy Burger Challenge

Submission- Mad Dog & Beans #7

Ingredients:

Wheat bun
Freshly grilled hamburger
Sharp cheddar cheese
A little mayonnaise
Guacamole (or just mashed avocado will do)
Alfafa Sprouts

Directions:

Grill your best burger (over charcoal gives the best flavor, in my opinion). Then melt the cheese on top. Spread a little mayo on a fresh whole wheat bun. Top with the burger, add a generous dollop of guacamole and a generous handful of alfafa sprouts.



Healthy Burger Challenge

Submission- Chipotle Chicken Burger

Ingredients:

Ground Chicken (approx. 1 lb)

4 Pretzel Buns

Chipotle Seasoning

Ginger

4 Slices of Smoked Gouda Cheese

Directions:

Place ground chicken in a bowl, add chipotle seasoning and ginger and mix together. Start small and add more to your taste. Make approximately 4 patties. Place on the grill and cook. Add cheese if desired. Place on bun and serve.

Optional items: top with spinach, avocado, or sriracha sauce



Healthy Burger Challenge

Submission- Gyro Style Burger

Ingredients:

Half of a whole wheat pita
Small burger patty
Pepper jack cheese
Green leaf lettuce
Scorpion pepper (diced fine)

Directions:

Microwave pre-cooked burger topped with cheese.
Toast half a whole wheat pita. Coat with tzatziki sauce.
Fill with burger, diced pepper, lettuce and any other vegie options.



Healthy Burger Challenge

Submission- Healthy 500 Calorie Burger

Ingredients:

Half a whole wheat pita (75 calories)

Pre-cooked burger (330 calories)

Cheese (100 calories)

Green leaf lettuce

Onion

Hot pepper (if desired)

Mustard

Directions:

Pre-cook burger at home and microwave about 30 seconds with cheese on top. Toast half a whole wheat pita and apply mustard to half with meat. Put meat in pita and stuff with peppers, onions and green leaf lettuce.



Healthy Burger Challenge

Submission- The Classic Burger

Ingredients:

1 part lean ground beef, 2 parts 80/20 ground beef

Paprika, Salt, and Pepper (to taste)

1 egg

Optional: add chopped onions, jalapenos, or shredded cheese

Directions:

Mix ingredients together by hand. Do not overwork the meat. Shape the patties and create a divot in the middle of the patties with your thumb. This small divot will help buckling of the patties and they will cook evenly. Pre-heat oven to 350 degrees.

Get out an oven safe skillet and put it over medium-high heat. Once the skillet is hot, carefully place the patties in the skillet and cook 1-2 minutes on each side. Just enough to create a beautiful crust on each side. Once you have seared your patties put them in your pre-heated oven for 5 to 10 minutes depending on how you like your burgers cooked. Add toppings and serve!



Healthy Burger Challenge

Submission- Black Bean Burger

Ingredients:

¼ cup dry quinoa, ½ cup water

1 15-ounce can black beans

½ cup minced bell pepper (any color)

2 tablespoons minced onion, 1 large garlic clove, minced
Cumin, Paprika, Salt or seasoning salt, 1 teaspoon hot sauce

1 egg, beaten, ½ cup bread crumbs

Directions:

Bring quinoa and water to a boil in a medium saucepan. Reduce heat to low, cover and simmer until quinoa is tender and water is absorbed, about 15 minutes. Once cooked, cool in refrigerator.

Meanwhile rinse and drain black beans removing as much as excess liquid as possible. Roughly mash the black beans with a fork to form a paste-like mixture, leaving some whole black beans. Add bell pepper, onion, garlic, cumin, paprika salt, hot sauce, and egg and mix. Stir in cooled quinoa and bread crumbs. With your hands, form the mixture into 5 large patties or 10 slider-size patties.

Note: If the burgers are moist and not holding patty shape well, add more breadcrumbs, 1 tablespoon at a time. Heat a large skillet over medium heat and coat with cooking spray. Cook patties until browned, 2 to 3 minutes per side.

