

9 Weeks of Summer – Week 8

Crowd Pleasing Burgers



Nothing says summer like BBQs, and how can you have a BBQ without burgers? Instead of purchasing the high sodium, high fat, frozen patties, why not make impress your guests with some homemade *unforgettable* burgers. These burgers replace fatty beef with lean turkey or chicken, mixed with an unusual but complimentary ingredient that will not disappoint your taste buds!

Spinach, Feta, Turkey Burgers

These burgers take feta to a whole new level. You can definitely feel good after eating another serving of these.



Ingredients

- 2 eggs, beaten
- 2 cloves garlic, minced
- 4 ounces feta cheese
- 1 (10 ounce) box frozen chopped spinach, thawed and squeezed dry
- 2 pounds ground turkey
- 8 hamburger buns, preferable whole wheat
- 4 lettuce leaves

Instructions

1. Preheat an outdoor grill for medium-high heat and lightly oil grate.
2. While the grill is preheating, mix together eggs, garlic, feta cheese, spinach, and turkey in a large bowl until well combined. Form into 8 patties.
3. Cook on preheated grill until no longer pink in the center, 15 to 20 minutes.

Serve with Tzatziki sauce or mustard, red onion, and lettuce.

Nutritional Information (per serving)			
Calories	354	Monounsaturated Fat	7g
Protein	33.4 g	Cholesterol	149 mg
Carbohydrate	20.4 g	Sodium	456 mg
Total Fat	13 g	Fibre	3 g
Saturated Fat	4.7 g	Makes 8 burgers	

Chicken Burgers with Tropical Fruit Salsa

There's no need to give up burgers just because you're on a heart-smart diet. These juicy chicken burgers, topped with a Caribbean-inspired tropical fruit salsa, are absolutely delicious.



Ingredients

- 1 small pineapple
- 1 small mango, peeled and finely chopped
- 1 small red onion, finely chopped
- 2 tablespoons finely chopped fresh coriander
- 1 tablespoon fresh lemon juice
- 1 teaspoon canola oil
- 500 g ground chicken
- 1 large Granny Smith apple, peeled and shredded
- 1/4 cup dry breadcrumbs
- 4 thin slices reduced-fat Cheddar cheese
- 4 hamburger buns or soft rolls, preferably whole wheat, split
- 4 lettuce leaves

Instructions

1. Peel, core, slice and chop the pineapple (you need 2 cups) and place in a bowl. Mix in the mango, onion, coriander, lemon juice and oil. Cover and set aside.
2. Mix the chicken, apple and breadcrumbs in another bowl until blended. Divide the mixture into 4 equal portions and shape into patties about 1 cm thick. Place the chicken burgers on a plate, cover, and place in the freezer for 20 minutes.
3. Preheat the broiler or barbecue. Cook the chicken burgers until browned and cooked through.
4. For each chicken burger, place a slice of cheese on the bottom of a hamburger bun, cover with lettuce, add a patty, top with about 1/2 cup tropical fruit salsa, and crown with the top of the bun.

To help patties keep their shape during cooking, mix and shape them from cold meat, then firm them up by chilling in the freezer for 20 minutes or in the refrigerator for 1 hour.

Nutritional Information (per serving)			
Calories	581	Monounsaturated Fat	10 g
Protein	41 g	Cholesterol	105 mg
Carbohydrate	62 g	Sodium	715 mg
Total Fat	19 g	Fibre	9 g
Saturated Fat	6 g	Makes 4 burgers	