

HEALTHY SUMMER EATING

Burgers, Slaw, and Marinades

Grilling can be a great way to make clean, simple meals. It lends itself to minimal prep and very little clean-up. That can make healthy eating a little easier! Check out these recipes to spruce up some favourite summertime foods.

Amazing Grilled Burgers



Crowd-Pleasing Turkey Burgers

Makes 6 burgers

- 1 lb ground turkey
- 1/2 cup grated carrot
- 1/2 cup grated zucchini
- 1 pkg low-sodium onion soup mix
- 1 cup panko breadcrumbs
- 1 egg

Combine breadcrumbs and onion soup mix. Add grated carrot and zucchini, ground turkey, and egg.

Divide the mixture into equal portions and shape into patties.

Preheat grill and cook burgers until browned and cooked through. Serve on whole-wheat bun with toppings of your choice.

Nutritional Information Per Burger:
Cal: 239 | Fat: 10g | Carb: 15.2g | Sodium: 249mg | Protein 24g

Helpful Hint!

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



Chicken Burgers with Tropical Fruit Salsa

Makes 4 servings

- 2 cups chopped pineapple
- 1 small mango, peeled and finely chopped
- 1 small red onion, finely chopped
- 2 tbsp finely chopped fresh coriander
- 1tbsp fresh lemon juice
- 2 tsp canola oil
- 500 g ground chicken
- 1 large granny smith apple, peeled and shredded
- 1/4 cup dry breadcrumbs
- 4 whole wheat burger buns
- Toppings of choice

Combine pineapple, mango, onion, coriander, lemon juice, and oil in a bowl. Cover and set aside.

Add chicken, apple, and breadcrumbs to another bowl and mix until combined. Divide the mixture into equal portions and shape into patties.

Preheat grill and cook burgers until browned and cooked through. Serve on whole-wheat bun with 1/2 cup of the fruit salsa and toppings of your choice.

Nutritional Information Per Burger:
Cal: 581 | Fat: 19g | Carb: 62g | Sodium: 715mg | Protein 41g

Kale and Broccoli Slaw

Makes 8 servings

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|---|-----------------------------|
| 1 cup finely chopped kale, ribs removed | For the dressing : |
| 1 cup grated carrots | 1/2 cup olive oil |
| 1 cup grated broccoli stalks | 1/3 cup apple cider vinegar |
| 1 cup grated red cabbage | 1/4 cup honey |
| 1/4 cup chopped parsley | 2 tsp balsamic vinegar |
| 1/2 cup chopped green onions | 1 tsp dijon mustard |
| 1/2 cup dried cranberries | 1 tbsp minced garlic |

In a large bowl, combine all salad ingredients.
Whisk all dressing ingredients together in a measuring cup.
Combine salad and dressing and refrigerate for one hour.

Nutritional Information for Slaw: Cal: 26 | Fat: 0.1g | Carb: 5.4g | Sodium: 24mg | Protein 1.5 g
Nutritional Information for Dressing (1 tbsp): Cal: 63 | Fat: 5.6g | Carb: 3.7g | Sodium: 14.8mg | Protein: 0g



Marinades

When it comes to marinades, the possibilities are endless! Here are a few helpful hints to keep in mind:

- 🔥 Stock up on different oils, juices, and vinegars and experiment with flavours.
- 🔥 Make multiple marinades while your ingredients are out and store them in mason jars.
- 🔥 Freeze your protein in a marinade. It will be ready for grilling when you pull it out!

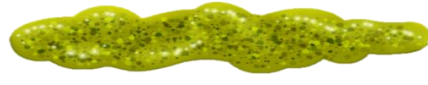
Asian Ginger



- 1/3 cup soy sauce
- 1/4 cup rice vinegar
- 2 tbsp honey
- 2 tbsp sesame oil
- 2 tsp minced garlic
- 1 tbsp grated ginger
- 1/2 tsp ground pepper

Cal. 80 | Fat: 5.3g | Carb. 7.9 g | Protein 1.3g
Sodium 803mg

Garlic and Herb



- 1/2 cup olive oil
- 1/4 cup fresh lemon juice
- 2 tbsp balsamic vinegar
- 1 tbsp honey
- 4 tsp minced garlic
- 2 tbsp fresh basil chopped
- 1 tbsp fresh parsley chopped
- 2 tsp salt
- 1/2 teaspoon pepper

Cal. 133 | Fat: 14g | Carb. 3.4g | Protein 0.2g
Sodium 582 mg

Sriracha Lime



- 1/2 cup sriracha hot sauce
- 2 tsp lime zest
- 1/3 cup lime juice
- 1/4 cup olive oil
- 1/4 cup honey
- 1 tsp ground black pepper
- 3 tbsp fresh cilantro chopped

Cal.119 | Fat: 8.4g | Carb. 12.9 g | Protein 0.1 g
Sodium 4 mg

Sources besthealthmag.ca | allrecipes.com | theseasonedmom.com | averiecooks.com | theendlessmeal.com
Images by freepik