

Salads vs. Hamburgers: The May Rivals

Tips For Making Both Healthy!

As you 'may' know (bad pun intended), the month of May is home to many well-known holidays, such as May Day, Cinco de Mayo, and Mother's Day. What you might not know is that it is also National Salad Month AND National Hamburger Month!

Surely, someone must have made a mistake – how can the same month be dedicated to both the salad and the hamburger? One is all about veggies, fiber, and being healthy, while the other one is dedicated to meeting the nation's unhealthy fast food craving...right? Well, let's take a look at some tips for making each dish healthy and come up with a solution to resolve this crisis of dueling May foods. Then you can choose whether to be on "Team Salad" or "Team Hamburger;" or, if you really want to be daring, you might just be able to be a fan of both!

Salads: Go for Fiber

Salads are a good source of fiber and can be dressed up to include healthy fats and lean protein. Fiber helps to keep you feeling full so that you can make it through the day without annoying hunger pains. Fiber also helps to keep your digestive system moving regularly and lowers cholesterol.



Salads: Focus on Healthy Fats and Lean Protein

Adding extra virgin olive oil will supply a healthy dose of monounsaturated fats and it will also help to lower inflammation and protect your blood vessels from harmful oxidation. Adding a piece of grilled chicken, turkey, or fish can help to make your salad more substantial and provide a serving of lean protein. What's not to love about a salad? Try one today and be amazed at how good something healthy can taste!

Burgers: Go for the Lean Ground Beef

Burgers, when created in a health-conscious manner, can supply a healthy dose of protein, minerals like zinc and iron, and vitamins like B-12. Burgers can even incorporate fiber and vegetables while still being tasty! For a lean burger, try a 90% lean ground beef in order to get more protein and less fat per ounce than the standard 70-75% lean ground beef.

Burgers: Dress Them up With Veggies

Using lean ground beef may cause the burger to become dry while cooking, so it is important to cook it on medium heat and to add moisture in, and what better way to do that than with delicious veggies? Try tomatoes, peppers, mushrooms, zucchini, or your favorite vegetable mixed in and top with spinach, onions, or roasted peppers to balance out the meal.

Still having trouble deciding whether to side with the salads or to stick with the burger? We don't blame you! Fire up the grill, get that salad bowl out of the cupboard, and try one of the delicious recipes listed below.

Basic Burger

(lowfatcooking.about.com)

Ingredients:

- 1 pound extra-lean (95%) ground beef
- ¼ cup minced onion
- 1 garlic clove, crushed
- 2 tablespoons fresh chopped minced parsley
- 2 tablespoons tomato sauce
- 1 tablespoon Worcestershire Sauce
- 1 egg white



Instructions:

1. Combine all ingredients in a large bowl using a fork
2. Mix well and form into four patties, ¾ inch thick.
3. Heat the grill to medium-high heat and cook for 6 minutes on each side or until internal temperature reaches 160F
(Makes four servings)

Nutrition Information:

159 calories, 6g fat (3g saturated fat), 25g protein, 70 mg cholesterol, .3g fiber

Southwestern Burger

(lowfatcooking.about.com)

Ingredients:

1 cup reduced-sodium black beans, rinsed
¼ cup minced red onion
1 jalapeno pepper, seeded and finely chopped
2 tsp ground cumin
¾ pound extra-lean (95%) ground beef
¼ cup tomato sauce
1 egg white
2 tablespoons fresh chopped cilantro



Instructions:

1. In a small bowl, mash beans with a fork.
2. Add onion, jalapeno pepper and cumin. Mix well.
3. Place ground beef in a large bowl, followed by the mixture.
4. Add sauce, egg white, and cilantro. Blend well with a fork.
5. Form into four ¾ inch patties.
6. Heat the grill to medium-high heat and cook for 6 minutes on each side or until internal temperature reaches 160F.

Nutrition Information:

145 calories, 4.5g fat (1.5g saturated fat), 43g protein, 52 mg cholesterol, 2g fiber

Fiesta Bowl Salad

(www.fitnessmagazine.com)

Ingredients:

¼ cup black beans
¼ cup cubed avocados
¼ cup corn
¼ cup cherry tomatoes
½ lime, juiced
2 cups romaine lettuce

Instructions:

1. Combine ¼ cup each canned black beans (rinsed and drained), chopped avocado, canned corn (drained), and chopped cherry tomatoes.
2. Add juice of ½ fresh lime and salt to taste.
3. Serve on top of 2 cups romaine.



Tip: Drizzle some extra-virgin olive oil for a great taste and heart healthy fats!

Nutrition Information: 183 calories, 6g total fat, 1g saturated fat, 7g protein, 8g fiber

PB+G Salad

(www.fitnessmagazine.com)

Ingredients:

½ tablespoon natural peanut butter
2 cups mixed greens
2 tablespoons raisins

Instructions:

1. Whisk together ½ T natural peanut butter and 1.5 T warm water until smooth.
2. Toss with 2 cups mixed greens and 2 tablespoons raisins.

Tip: Serve with 3 oz of chicken for a good source of lean protein without added fat and calories!

Nutrition Information:

130 calories, 4g total fat, 1g saturated fat, 4g protein, 21g fiber

