



NUTRITION CONSULTING INC.

Asian Beef Burgers

These Beef Burgers are so much more than just kid-fare. All dressed up with one of the Terrific Toppers featured in the recipe and these beef burgers make a most memorable meal!

Recipe courtesy of Canadian Beef - www.makeitbeef.ca

Makes 4 burgers/servings

Prep: 10 min. **Cook:** 10 min.

What you need:

1 lb (0.45 kg)	Ground Beef
1/4 cup (50 mL)	Oatmeal
2	Green onions, thinly sliced
2 tbsp (30 mL)	Soy sauce, light
1 tbsp (15 mL)	Finely grated ginger root
1	Lightly beaten egg
1/4 tsp (1 mL)	EACH salt and pepper



How you prepare:

1. **Lightly combine** beef, bread crumbs, onions, soy sauce, ginger root, egg, salt and pepper.
2. **Gently form** into four 3/4 inch (2 cm) thick patties.
3. **Grill** over medium-high heat on lightly oiled grill for 5 to 7 minutes per side or until digital thermometer inserted sideways into centre of each patty reads 160°F (71°C).

Per serving:

Carbohydrates: 7 g

Protein: 25 g

Fat: 16 g

Good source of iron (23% DV) and excellent source of zinc (59% DV), 30% DV sodium.

Notes:

- **Terrific Toppers:** Make a burger buffet, by serving your burgers with a selection of tangy homemade toppings.
- **Pineapple Pepper Salsa:** Combine 1 cup (250 mL) small pineapple chunks, 1 sweet red pepper (chopped), 1/2 cup (125 mL) minced red onion, 1 jalapeno papper (seeded and minced), 2 tbsp

It's your **health.**



Take a stand.

NUTRITION COACHING | SEMINARS | CONSULTING

PHONE: (403) 262-3466 www.healthstandnutrition.com



NUTRITION CONSULTING INC.

(30 mL) EACH lime juice, olive oil and minced fresh cilantro and 1/4 cup (1 mL) EACH salt and pepper.

- **Fresh Cucumber Pickle:** Combine 1 1/2 cups (375 mL) thinly sliced English cucumber, 2 tbsp (30 mL) EACH minced fresh dill and rice vinegar, 1/2 tsp (2 mL) EACH salt, granulated sugar and chili pepper flakes.
- **Wasabi Mustard:** Combine 1/4 cup (50 mL) Dijon mustard and 2 tsp (10 mL) wasabi paste.

Andrea Holwegner, known as the Chocoholic Dietitian, is founder and president of Health Stand Nutrition Consulting Inc., a member of the Canadian Association of Professional Speakers and a media expert for the Dietitians of Canada. For nutrition counselling information and to sign up for a free monthly newsletter loaded with nutrition tips, recipes and more visit www.healthstandnutrition.com. Twitter @chocoholicRD.

It's your **health.**



Take a stand.

NUTRITION COACHING | SEMINARS | CONSULTING

PHONE: (403) 262-3466 www.healthstandnutrition.com