

Happy Father's Day with healthy burgers

While restaurant burgers are often oversized and bursting with fattening add-ons, it is possible to enjoy a nutritious hamburger with a few easy strategies. Choose the leanest proteins available, use spices and vegetables to add natural flavour and nutrients, avoid salty AND processed condiments in favour of fresh and homemade, and replace the typical white D'Italiano bun with whole grain buns. Why not treat your Dad on Father's Day with this healthy turkey-jack burger served with a fresh mango avocado salsa. Mangos are rich in immune-boosting vitamin C and avocados are a healthy fat.

Ingredients:

- 1 lbs extra-lean ground turkey breast
- 1 ½ tsp chilli powder
- 2 tbsp chopped fresh parsley
- ¼ tsp sea salt
- 2 oz reduced-fat pepper jack cheese or Monterey Jack cheese, sliced
- 4 romaine lettuce leaves
- 2/3 cup fresh mango and avocado salsa
- 4 sprouted-grain hamburger buns (I like Ezekiel)

Method:

Preheat your grill to medium or your oven to 350F. In a large bowl, combine turkey, chilli powder, parsley and sea salt. Shape mixture into four equal patties, each ½ inch thick. Add patties to grill and cook for about 10 to 12 minutes. If you're baking them, bake for seven to nine minutes on one side then flip them over and cook for another seven to nine minutes.

To serve burger, top the patty with lettuce, one slice of cheese and spread two tablespoons of salsa on each bun. Enjoy!

Mango Avocado Salsa

Ingredients:

- 1 small avocado, diced
- ½ cup diced fresh mango
- 1 tbsp finely chopped cilantro
- 1 green onion finely chopped
- 1 tsp fresh lime juice
- ¼ tsp chilli flakes

Method:

Combine all ingredients together. For best results, let sit a bit before serving.

Linda Houle-Robert is a francophone Registered Holistic Nutritionist in Orléans and a marathon runner. She can be reached at lhoul robert@yahoo.ca

Do you have a health, beauty or fashion question? Ask our experts about any of your dilemmas! Just email today.

Sarah, sarah@behealthybebeautifulottawa.com

Ms. Kate, beauty@behealthybebeautifulottawa.com

Ali, fashion@behealthybebeautifulottawa.com

Linda, health@behealthybebeautifulottawa.com