

# better-body burgers

Five new (and healthier) ways to assemble the ultimate man meal

By Devin Alexander

If you follow a lean, high-protein diet, or at least try to, the idea of a drippy, delicious burger that can also help you build muscle and burn fat probably sounds like a myth, or, at best, a bunch of marketing hype. So we decided to take matters—along with a diverse array of meats, seasonings, and other physique-friendly ingredients—into our own hands and do some experimenting to prove to you it's possible. The results blew even us away. And the nutrition numbers? Well...take a look for yourself.

## PEPPERONI PIZZA BURGER

### INGREDIENTS

- 6 oz 99% lean ground turkey
- 2 tbsp plus ½ cup low-fat marinara sauce, heated in microwave
- Olive oil spray
- ½ cup green bell pepper strips
- 1 oz low-fat mozzarella, shredded
- 6 slices turkey pepperoni
- 1 whole-wheat hamburger bun (3½ inches in diameter)

**Double down.** With lean meat, two wrongs—pizza and burgers—can make a right.

### DIRECTIONS

- 1) In a medium bowl, mix turkey and 2 tbsp marinara until well combined. Shape mixture into patty with a diameter that's ½ inch larger than the bun.
- 2) Place a nonstick skillet over medium-high heat. Mist pan with spray, then add patty to one side of the pan and peppers to the other. Cook burger about 2-3 minutes per side while rotating peppers occasionally until peppers are tender and burger is cooked to desired doneness. About 1 minute before burger and peppers are done, place cheese and pepperoni on top of patty.
- 3) Place patty on bun bottom. Top with peppers. Spoon sauce onto burger. Add bun top and enjoy immediately.

### NUTRITION

421 calories, 57g protein, 29g carbs, 10g fat

CLAIRE BENOIST

## LETTUCE TACO BURGER

### INGREDIENTS

- 8 oz extra-lean ground beef
- 1 tsp Mrs. Dash Fiesta Lemo seasoning
- 1 large iceberg lettuce leaf
- ½ cup fresh red tomatoes, chopped
- 1 oz Cabot 75% extra light cheddar cheese
- 1 tbsp sliced jalapeño chili pepper, or to taste
- 1½ tbsp red taco sauce, or to taste

### DIRECTIONS

- 1) Preheat grill to high.
- 2) In a medium bowl, mix the beef and Mrs. Dash until well combined. Shape into an oval patty about 5 inches long and 4 inches wide. Grill until desired doneness is reached, about 2 minutes per side for medium rare.
- 3) Place patty on lettuce at stem end of leaf (the firmer end). Top with tomatoes, cheese, and jalapeño. Spoon taco sauce over top. Fold lettuce over filling and enjoy immediately.

### NUTRITION

345 calories, 54g protein, 6g carbs, 12g fat

**Mexi-can.** Substituting lettuce for a tortilla or bun will spare you up to 300 calories.



FOR THE PERFECT MEDIUM RARE, THE INTERNAL TEMP SHOULD BE 160°.



**CHICKEN CORDON BLEU BURGER**

**INGREDIENTS**

- 4 oz lean ground chicken breast
- 1 olive oil spray
- 1 oz 98% fat-free deli ham
- 1 slice light Swiss cheese
- 1 whole-wheat hamburger bun
- 1 lettuce leaf
- 3 small tomato slices
- 1 tsp fresh thyme, or to taste
- 1 Dijon mustard (optional)

**DIRECTIONS**

- 1) Preheat grill to high.
- 2) Shape chicken into patty; mist on both sides. Grill until no longer pink inside, about 3 minutes per side.
- 3) During the last minute of cooking, top patty with ham and cheese. Toast bun by placing insides facing down, away from direct heat.
- 4) Stack lettuce, tomato, patty, and thyme on bottom bun. Spread mustard inside top bun. Close and serve.

**NUTRITION**

325 calories, 42g protein, 23g carbs, 7g fat



**BACON CHEDDAR OPEN-FACE TOMATO SLIDERS**

**INGREDIENTS**

- 2 medium plum or roma tomatoes
- 6 oz 98% lean ground beef
- 1 tsp minced onion, dried
- 1 salt to taste
- 1 oz Cabot 75% extra light cheddar cheese, cut into slices
- 2 strips turkey bacon, cut in half
- 1/2 cup red onion slivers, chopped, or to taste

**DIRECTIONS**

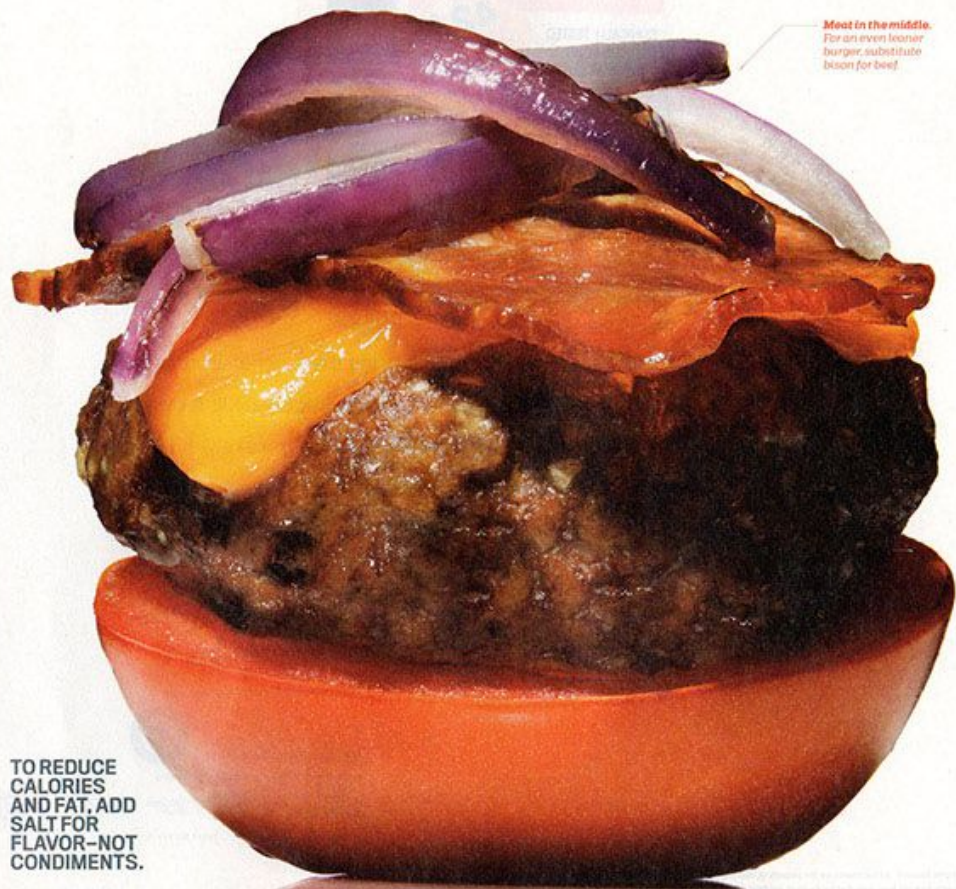
- 1) Preheat oven to 450°.
- 2) Cut tomatoes in half horizontally and scrape out the seeds and ribs. Place "shells" on nonstick baking sheet, open side up.
- 3) In a medium bowl, mix beef, dried onion, and salt. Spoon beef equally among tomato halves, filling them, then flatten any over flowing meat to resemble patties atop the tomatoes. Top with cheese.

- 4) Place 1/2 bacon strip on top of each cheese slice. Top with onion. Bake until bacon is cooked, tomatoes are warm, and patties are cooked to desired doneness, about 5 minutes, or longer to preference. Serve immediately.

**NUTRITION**

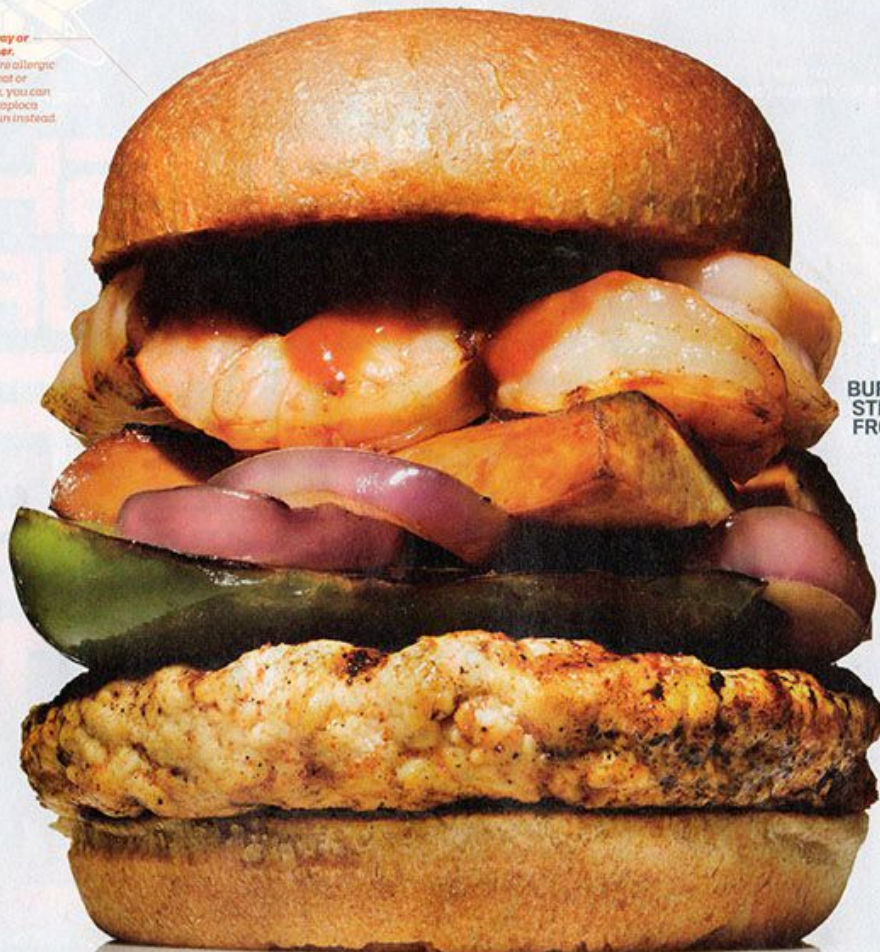
362 calories, 54g protein, 9g carbs, 12g fat

**Meat in the middle.** For an even leaner burger, substitute bacon for beef.



**TO REDUCE CALORIES AND FAT, ADD SALT FOR FLAVOR—NOT CONDIMENTS.**

**Bun way or another.** If you're allergic to wheat or gluten, you can use a topioca rice bun instead.



**THIS BURGER IS STRAIGHT FROM THE BAYOU.**

**JAMBALAYA BURGER**

**INGREDIENTS**

- 2 tbsp no-salt-added tomato sauce
- 1/2 tsp salt-free Cajun or Creole seasoning, plus extra to taste, divided (if you can't find salt free, go for low sodium)
- 4 oz lean ground chicken breast
- 1 olive oil spray
- 4 large shrimp (about 2

oz each), peeled and deveined

- 1 1/2-inch sliced red onion (full round with rings)
- 1 green bell pepper
- 2 oz lean smoked turkey sausage, cut in half to open, keeping the halves connected
- 1 whole-wheat hamburger bun (3 1/2 inches in diameter)

**DIRECTIONS**

- 1) Preheat grill to high.
- 2) Mix tomato sauce and seasoning in a small bowl. Shape chicken into patty with a diameter that's 1/2 inch larger than the bun.
- 3) Mist both sides of patty, shrimp, onion slice (keeping it intact) and bell pepper with spray and then sprinkle with

extra seasoning to taste on both sides.

- 4) Grill patty (until no longer pink), pepper and onion (until tender), and sausage (until hot through) about 3 minutes per side, and shrimp (until no longer translucent) about 1 minute per side. Toast bun away from direct flame for 1 minute, if desired.

- 5) Place bun bottom on plate. Top with chicken, onion, pepper, sausage, then shrimp. Spoon sauce onto inside of bun top and place top on burger. Enjoy immediately.

**NUTRITION**

452 calories, 57g protein, 32g carbs, 10g fat