

Below are a few ways to serve a heart healthy hamburger that more than make up for the lack of fat and sodium with creative toppings and flavorful ingredients. Feel free to add your favorite vegetables as toppings, but reconsider adding fatty toppings, such as full-fat cheese, dressings or mayo. Those ingredients could wreck a heart healthy meal.

Heart Healthy Hamburger Patties

Serves 4

A Recipe by Chef Walter Staib

Using a mix of lean beef and turkey makes a delicious burger lower in cholesterol and fat than a traditional burger, but it maintains a great flavor.

½ pound ground lean turkey
½ pound 90/10 ground beef
Freshly ground pepper, to taste

Mix turkey and beef together in a large bowl. Season with freshly ground pepper. Make into 4 burger patties. Grill over medium fire until cooked through.

Crispy Garden Burger

Serves 4

4 heart healthy hamburger patties (see recipe)
4 whole wheat hamburger buns
4 teaspoons mustard
4 lettuce leaves
4 slices tomato
4 thin slices red onion
½ small cucumber, sliced small

Spread 1 teaspoon mustard on the top of each bun. Top with patties, then add lettuce, tomato, onion and cucumber on the top of the patty.

Grilled Harvest Burger

Serves 4

4 heart healthy hamburger patties (see recipe)
1 onion, grilled and sliced
1 tablespoon balsamic vinegar
4 whole wheat hamburger buns or whole wheat sandwich thins
1 red bell pepper, grilled (or roasted red bell pepper), sliced
8 large fresh spinach leaves
4 slices tomato

Sprinkle balsamic vinegar on warm grilled onions and let sit to marinade. Place hamburger patty on a bun, stack with grilled onion slices, bell pepper slices, fresh spinach leaves and tomatoes.

Southwest Hamburger

Serves 4

4 heart healthy hamburger patties (see recipe)
4 whole wheat hamburger buns or whole wheat sandwich thins
4 tablespoons low fat or fat free sour cream
4 slices red onion
½ avocado, sliced into 4 segments
4 tablespoons medium or mild salsa
2 tablespoons green onions, minced
2 tablespoons fresh cilantro, minced

Spoon sour cream on top of bun. Stack hamburger patty, red onion and avocado on top. Spoon salsa on top and sprinkle with green onions and cilantro. Place top bun on burger.

Nutritional Breakdown Heart Healthy Patties

Recipes	Total # serv	Cals	Total Fat g	Sat Fat g	Chol mg	Sodium mg	Fiber g	Carbs g	Pro g
Original									
Orig HH Hamburger Patties	4	230	16	5.6	82	77	0	0	20
OK Modified for Heart Health									
HH Hamburger Patties	4	193	11	4.2	89	77	0	0	25

Nutritional Breakdown Crispy Garden Burgers

Recipes	Total # serv	Cals	Total Fat g	Sat Fat g	Chol mg	Sodium mg	Fiber g	Carbs g	Pro g
Original									
Orig Crispy Garden Burger	4	420	18	6	82	808	6	36	30
OK Modified for Heart Health									
HH Crispy Garden Burger	4	337	13	4.6	89	378	8	28	33

Nutritional Breakdown Grilled Harvest Burgers

Recipes	Total # serv	Cals	Total Fat g	Sat Fat g	Chol mg	Sodium mg	Fiber g	Carbs g	Pro g
Original									
Orig Grilled Harvest Burgers	4	357	17	5.6	82	254	7	28	26
OK Modified for Heart Health									
HH Grilled Harvest Burgers	4	320	12	4.3	89	254	7	28	31

Nutritional Breakdown Southwest Hamburgers

Recipes	Total # serv	Cals	Total Fat g	Sat Fat g	Chol mg	Sodium mg	Fiber g	Carbs g	Pro g
Original									
Orig Southwest Hamburgers	4	399	22	7	86	384	7	28	27
OK Modified for Heart Health									
HH Southwest Hamburgers	4	358	16	5	91	384	8	29	31