

## The Amazing “Alt-Burger”

Don't let your diet be a victim of the “Boring Diet Blues.” Get great taste, high protein, low calories and low fat with this “alternative” to a dry, tasteless burger.



Lean ground beef is a great protein source and is inexpensive, but burgers made from it can be dry and tasteless. I call this recipe the “Alternate Burger” because its ingredients solve those two problems.

In a bowl combine two pounds of 93% lean beef, two cups of *cooked* brown rice, 2 chopped scallions, 2 Tbls. minced garlic, 2 Tbls. liquid amino acids (or Thai fish sauce, if you can find it) and 3 Tbls. chopped cilantro. Add pepper to taste. Make 4 patties.

Add 1-2 tablespoons grapeseed oil to a heavy fry pan and cook burgers on medium-high heat. They will cook a little faster than a regular burger so be careful not to overcook.

To serve on a bed of spinach (as shown) heat 2 Tbls. olive oil in the frying pan then add 2 Tbls. minced garlic. Sauté garlic for about a minute. Add 1 lb. fresh spinach and cook (stirring gently) until spinach is wilted. Put spinach in a separate bowl, wipe out pan and cook burgers as above.

Nutritional info (per patty): Calories, 418; Protein, 46 grams; Carbs, 22.5; Fat, 16 grams; Fiber, 1.75 grams. Serving over sautéed spinach will add about 4 grams of carbs, 3 grams protein and about 6 grams fat (82 calories).

Hints: For great taste and a truly “slow” carb source, add some wild rice to your brown rice when cooking. This recipe has enough slow-digesting fat and carbs to forestall any kind of insulin spike, so it is unlikely this meal will be stored as fat.

