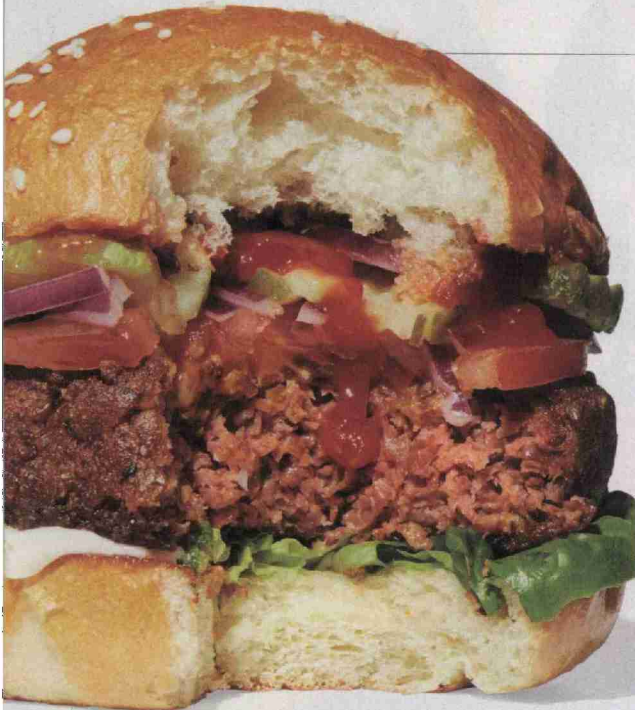


be foodsmart



FAST TRACK

BUILD A BLENDED BURGER

We're deep into cozy comfort-food season. And few things satisfy that craving like a juicy burger loaded with condiments. To make yours healthier, swap some of the meat for vegetables, says Robert McCormick, the brand chef for True Food Kitchen, a restaurant chain that serves food that not only tastes good but is good for you. "Vegetables bring delicious depth to a burger," he says. Here's how to grill the perfect version.

THE HALF-AND-HALF RECIPE

Replace half the meat (or a quarter) in your burger with **mushrooms**. "They add a luxurious caramelized flavor," McCormick says. Use different types, like cremini, oyster, and shiitake. "Sauté them with **onions** and **garlic** to release all that extra moisture and deepen their taste," he says. Then mix the mushrooms with ground meat to make patties. Grill your burger in a grill pan (or outside) for a good sear.



NEED FOR SPEED

Already prepared **Tyson Raised & Rooted** blended burgers combine Angus beef with isolated pea protein for 19 grams of protein, 60 percent less saturated fat, and 40 percent fewer calories.

Now Pile on the Good Stuff

"Choose your toppings thoughtfully—you want to excite your palate but not overwhelm it," McCormick says.



For brightness and bite

Pickle shredded jicama in a brine with turmeric and jalapeños. "This tastes great on a plant-based burger," McCormick says.



For crunch

Shred red and green cabbage, and toss with vinaigrette. "It balances the richness of the burger," he says.



For creaminess

Combine homemade aioli with smoked paprika or fermented black garlic. Or try melted goat cheese sprinkled with chives.



GET GRILLING
 SEARING BURGERS
 IS A CINCINCH WITH
 THIS DURABLE PAN

COOK SMARTER
 The **Cuisinart** Chef's Classic Enameled Cast Iron square grill pan (\$40, amazon.com) retains heat and distributes it evenly for great grilling results. It's dishwasher safe too.

Burger: Peter Acosta