

## A Healthier Burger and Baked French “Fries”

Yield: 4 servings

### Ingredients

1/2 pound ground turkey or beef (or a mixture of both)  
6 ounces baby spinach leaves (any dark greens), chopped to very small pieces  
1/4 of a carrot, shredded  
1/8 of a bell pepper, minced  
2 T. oatmeal  
1 T. Worcestershire sauce  
1 t. hot sauce  
1/4 t. garlic powder  
1/4 t. onion powder  
1/8 t. salt  
1/8 t. freshly ground black pepper  
1 t. olive oil  
4 whole wheat buns (or any whole grain type of bread)  
4 lettuce leaves  
1 tomato sliced

### Directions:

1. Sauté the spinach, carrot, and bell pepper in olive oil just until the spinach wilts.
2. In a large bowl, mix the turkey or beef, sautéed vegetables, oatmeal, Worcestershire sauce, hot sauce, garlic powder, onion powder, salt, and pepper.
3. Divide into four equal parts; form four patties.
4. Place the burgers on a broiling pan; broil the burgers until done (about \_\_\_\_\_ min.).
5. Serve them on buns with lettuce, tomato slices, and the condiments of your choice.

### Nutrition Information Per Serving:

Calories: \_\_\_\_\_

Fat: \_\_\_\_\_ g

Saturated fat: \_\_\_\_\_ g

Trans fat: \_\_\_\_\_ g

Cholesterol: \_\_\_\_\_ mg

Carbohydrate: \_\_\_\_\_ g

Fiber: \_\_\_\_\_ g

Sodium: \_\_\_\_\_ mg

Protein: \_\_\_\_\_ g

**Class discussion notes, “Why is this “a healthier burger”?**

**Baked French “Fries”**

**Yield: 4 servings**

**Ingredients:**

- 2 Russet potato
- 2 tablespoon olive oil
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1/2 teaspoon chili powder
- 1 teaspoon onion powder

**Directions:**

1. Preheat oven to 450 degrees F. Prepare a baking sheet by spraying it with oil OR placing a Silpat baking mat on the sheet. Do not use parchment paper as the potatoes sticks to it during baking.
2. Cut potatoes into narrow “French fry” strips.
3. In a large bowl, mix olive oil, paprika, garlic powder, chili powder and onion powder together.
4. Add the cut potatoes and stir to coat potatoes with oil/spice mixture. Spread the potatoes out on the baking sheet.
5. Bake for 35 to 45 minutes in the preheated oven.

**Compare nutrition Information Per Serving:**

**Baked:**

**In N Out fries (from their website):**

Calories: \_\_\_\_\_

Calories: \_\_\_\_\_

Fat: \_\_\_\_\_ g

Fat: \_\_\_\_\_ g

Sodium (salt) \_\_\_\_\_mg

Sodium (salt) \_\_\_\_\_mg

**Class discussion notes – How are the two types of “fries” different and similar?:**

