



EatingWell Healthy Burger Recipes

Greek Bison Burgers.....	2
Classic Hamburger	3
Chicken Cordon Bleu Burger.....	4
Mozzarella-Stuffed Turkey Burgers.....	5
Quick Tuna Burgers.....	6
Blue Cheese Portobello Burgers.....	7
Salmon Burgers with Green Goddess Sauce	8
Chickpea Burgers	9



Greek Bison Burgers

Makes: 4 servings

Active time: 35 minutes **Total:** 35 minutes

☐ Heart Health ☒ Diabetes ☒ Weight Loss ☐ Gluten Free

Feta and spinach not only add great flavor to these Greek-inspired burgers, but also provide moisture and texture to lean ground bison. The yogurt sauce is a perfect condiment, with much less fat than regular mayonnaise.

- 1 pound ground bison**
- ½ cup cooked spinach, squeezed dry**
- ½ cup crumbled feta cheese, preferably sheep's-milk**
- 2 teaspoons chopped fresh dill**
- 1 teaspoon chopped fresh oregano**
- 1 teaspoon ground cumin**
- 1 teaspoon minced garlic**
- ¾ teaspoon kosher salt**
- ½ teaspoon freshly ground pepper**
- Yogurt Sauce**
 - ¾ cup nonfat or low-fat Greek-style plain yogurt (see Tips)**
 - 1 teaspoon freshly grated lemon zest**
 - 2 teaspoons lemon juice**
 - 1 teaspoon chopped fresh dill**
 - 1 teaspoon chopped fresh mint**
 - Pinch of kosher salt**
 - Freshly ground pepper to taste**
- 4 French rolls or 4-inch pieces of baguette, preferably whole-wheat, split and toasted**
- 16 thin slices English cucumber**
- 8 slices vine-ripened tomato**
- 4 thin round slices red onion**

1. Preheat grill to medium-high.
2. Place bison, spinach, feta, 2 teaspoons dill, oregano, cumin, garlic, ¾ teaspoon salt and ½ teaspoon pepper in a large mixing bowl. Gently combine without overmixing. Form into 4 oval-shaped patties roughly the size of the rolls.

3. Oil the grill rack (see *Tips, below*). Grill the burgers until an instant-read thermometer inserted into the center registers 155°F, 5 to 6 minutes per side.

4. To prepare yogurt sauce: Combine yogurt, lemon zest and juice, 1 teaspoon dill and mint in a small bowl. Season with a pinch of salt and pepper.

5. Assemble the burgers on rolls with the yogurt sauce, cucumber, tomato and onion.

Per serving: 392 calories; 16 g fat (6 g sat, 1 g mono); 68 mg cholesterol; 30 g carbohydrate; 35 g protein; 6 g fiber; 671 mg sodium; 458 mg potassium.

Nutrition bonus: Vitamin A (45% daily value), Vitamin C (30% dv), Iron (25% dv), Calcium (16% dv).

Carbohydrate servings: 1½

Exchanges: 2 starch, 1 vegetable, 4 lean meat, ½ fat

Tips:

Greek-style yogurt is made by removing the whey from cultured milk, which gives the yogurt an extra-thick and creamy texture. Look for it with other yogurt in large supermarkets.

To oil a grill rack, oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.)

Classic Hamburger

Makes: 4 servings

Active time: 45 minutes **Total:** 45 minutes

To make ahead: Prepare the ketchup-mayonnaise sauce (Step 3) and refrigerate for up to 1 day.

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☐ Gluten Free

Slow-cooked onions add moisture and flavor to these lean beef burgers. A quick blend of mayonnaise, ketchup, relish and vinegar makes a perfect tangy, sweet and creamy “special sauce” for this burger. We love the dill relish here, but use sweet relish if you prefer it. Serve with sweet potato fries.

- 1 medium onion, chopped
- 1 tablespoon canola oil
- 2 tablespoons ketchup, divided
- 2 tablespoons low-fat mayonnaise
- 2 teaspoons dill pickle relish
- 1 teaspoon distilled white vinegar
- 1 pound lean (90% or leaner) ground beef
- 2 tablespoons Worcestershire sauce or steak sauce
- ½ teaspoon freshly ground pepper
- 4 sesame-seed or other hamburger buns, toasted
- 4 slices tomato
- 4 leaves green-leaf lettuce

1. Preheat grill to medium-high (or see *Stovetop Variation*).

2. Combine onion, oil and 1 tablespoon ketchup in a medium saucepan. Cover and cook over medium-high heat, stirring often, until the onion is softened, 5 to 7 minutes. Reduce heat to medium-low, uncover and cook, stirring occasionally, until very soft, 5 to 8 minutes more. Transfer to a medium bowl and let cool for a few minutes.

3. Meanwhile, combine the remaining 1 tablespoon ketchup, mayonnaise, relish and vinegar in a small bowl. Set aside.

4. Add beef, Worcestershire (or steak sauce) and pepper to the onion and gently combine without overmixing. Form into 4 patties, about ¾ inch thick.

5. Oil the grill rack (see *Tip*). Grill the burgers, turning once, until an instant-read thermometer inserted in the center registers 165°F, 4 to 5 minutes per side.

6. Assemble the burgers on toasted buns with the ketchup-mayonnaise sauce, tomato slices and lettuce.

Per serving: 375 calories; 16 g fat (5 g sat, 7 g mono); 71 mg cholesterol; 31 g carbohydrate; 4 g added sugars; 27 g protein; 2 g fiber; 536 mg sodium; 518 mg potassium.

Nutrition bonus: Vitamin A (41% daily value), Zinc (39% dv), Iron (26% dv), Folate (24% dv), Vitamin C (15% dv).

Carbohydrate servings: 2

Exchanges: 1½ starch, 1 vegetable, 3 lean meat, 1 fat

Tip: To oil a grill rack, oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.)

Stovetop Variation: Coat a nonstick pan, preferably cast-iron (or a grill pan), with cooking spray and heat over medium-high heat for 1 to 2 minutes. Add burgers, reduce heat to medium and cook, turning once, until an instant-read thermometer registers 155°F (for pork and bison) or 165° (for beef or chicken), 4 to 5 minutes per side.





Chicken Cordon Bleu Burger

Makes: 4 servings

Active time: 35 minutes **Total:** 35 minutes

To make ahead: Prepare herb mayonnaise (Step 2) and refrigerate for up to 1 day.

☐ Heart Health ☒ Diabetes ☐ Weight Loss ☐ Gluten Free

The classic flavors of Chicken Cordon Bleu—ham, Swiss cheese and thyme—inspired this easy chicken burger. We like using regular ground chicken, which is a blend of thigh and drumstick meat, to help keep this burger juicy, but feel free to use 100% ground chicken breast if you'd like a leaner burger. You'll cut 20 calories and 1 gram saturated fat. Serve with roasted broccoli.

- ¼ cup low-fat mayonnaise**
- 1 teaspoon Dijon mustard**
- 5 tablespoons finely chopped shallot, divided**
- 1½ teaspoons finely chopped fresh thyme, divided**
- 1 pound ground chicken**
- ⅓ cup finely diced ham**
- ¼ teaspoon salt**
- ¼ teaspoon freshly ground pepper**
- 4 slices Swiss cheese**
- 8 small slices pumpernickel bread or 4 large slices, cut in half, toasted**
- 12 large leaves spinach, tough stems removed**

1. Preheat grill to medium-high (*or see Stovetop Variation*).

2. Combine mayonnaise, mustard, 1 tablespoon shallot and ½ teaspoon thyme in a small bowl. Set aside.

3. Place the remaining 4 tablespoons shallot, remaining 1 teaspoon thyme, chicken, ham, salt and pepper in a medium bowl. Gently combine without overmixing. Form into 4 patties, about ¾ inch thick.

4. Oil the grill rack (see *Tip*). Grill the burgers, turning once, until an instant-read thermometer inserted in the center registers 165°F, 4 to 5 minutes per side. Top each burger with cheese and cook until melted, 1 to 2 minutes.

5. Assemble the burgers on toasted bread with the herb mayonnaise and spinach.

Per serving: 350 calories; 17 g fat (6 g sat, 6 g mono); 119 mg cholesterol; 20 g carbohydrate; 1 g added sugars; 29 g protein; 3 g fiber; 722 mg sodium; 910 mg potassium.

Nutrition bonus: Vitamin A (63% daily value), Potassium (26% dv), Folate (25% dv), Vitamin C (23% dv), Zinc (21% dv), Calcium & Magnesium (18% dv), Iron (16% dv).

Carbohydrate servings: 1

Exchanges: 1 starch, 4 lean meat, 1 fat

Tip: To oil a grill rack, oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.)

Stovetop Variation: Coat a nonstick pan, preferably cast-iron (or a grill pan), with cooking spray and heat over medium-high heat for 1 to 2 minutes. Add burgers, reduce heat to medium and cook, turning once, until an instant-read thermometer registers 155°F (for pork and bison) or 165° (for beef or chicken), 4 to 5 minutes per side.

Mozzarella-Stuffed Turkey Burgers

Makes: 4 servings

Active time: 50 minutes **Total:** 50 minutes

To make ahead: Cover and refrigerate the marinara sauce (Step 1) for up to 5 days.

These tasty turkey burgers, served on toasted focaccia and dressed with marinara sauce, are reminiscent of a sausage pizza. Shredded mozzarella combined with fresh basil melts beautifully inside these gems.

Marinara Sauce

- 2 teaspoons extra-virgin olive oil
- 1 small onion, finely chopped
- 4 cloves garlic, minced
- 2 cups chopped plum tomatoes, with juices
- 6 oil-packed sun-dried tomatoes, drained and finely chopped
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- 2 tablespoons chopped fresh basil

Burgers

- 1 pound 93%-lean ground turkey
- ¼ cup finely chopped scallions
- 2 teaspoons minced garlic
- 2 teaspoons Worcestershire sauce
- 1 teaspoon freshly grated lemon zest
- ½ teaspoon dried oregano
- ½ teaspoon freshly ground pepper
- ¼ teaspoon salt
- ½ cup shredded part-skim mozzarella cheese, divided
- 2 tablespoons finely chopped fresh basil
- 2 teaspoons extra-virgin olive oil
- 4 4-inch-square slices focaccia bread (about 2 ounces each), toasted

1. To prepare marinara: Heat 2 teaspoons oil in a medium saucepan over medium heat. Add onion and garlic, cover and cook, stirring frequently, until translucent, 5 to 7 minutes. Stir in fresh tomatoes and any juices, sun-dried tomatoes, ½ teaspoon salt and ½ teaspoon pepper. Bring to a simmer and cook, stirring occasionally, until the tomatoes have broken down, 8 to 10 minutes. Stir in basil and remove from the heat. Transfer to a food processor and pulse to form a coarse-textured sauce. Return to the pan and set aside.

2. To prepare burgers: Place turkey, scallions, garlic, Worcestershire sauce, lemon zest, oregano, ½ teaspoon pepper and ¼ teaspoon salt in a large bowl. Gently combine, without overmixing, until evenly incorporated. Form into 8 thin patties about 4 inches wide and ¾ inch thick.

3. Combine ¼ cup cheese and basil and place an equal amount in the center of 4 patties. Cover with the remaining patties and crimp the edges closed.

4. Heat 2 teaspoons oil in a large nonstick skillet over medium heat (*or see Grilling Variation*). Add burgers and cook, turning once, until an instant-read thermometer inserted in the center registers 165°F, 8 to 10 minutes total.

5. Warm the marinara on the stove. To assemble the burgers, spread 3 tablespoons of marinara on each toasted focaccia, top with a burger, about 3 more tablespoons of marinara and 1 tablespoon of the remaining cheese.

Per serving: 299 calories; 15 g fat (4 g sat, 5 g mono); 74 mg cholesterol; 14 g carbohydrate; 28 g protein; 2 g fiber; 706 mg sodium; 382 mg potassium.

Nutrition bonus: Vitamin C (35% daily value), Vitamin A (20% dv), Calcium & Iron (15% dv).

Carbohydrate servings: 1

Exchanges: ½ starch, 1 vegetable, 3 ½ lean meat, 1 fat

Grilling Variation: Preheat a grill to medium-high. Oil the grill rack. Grill the patties, turning once, until an instant-read thermometer inserted in the center registers 165°F, 8 to 10 minutes total.





Quick Tuna Burgers

Makes: 4 servings

Active time: 30 minutes **Total:** 30 minutes

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☐ Gluten Free

Turn a couple cans of tuna into a zesty tuna burger with this quick recipe. If you can't find good whole-wheat hamburger buns, whole-wheat English muffins are a great substitute. The burger mixture might seem a little soft going into the pan, but once the first side is cooked, you'll be able to flip them easily.

- 2 5- to 6-ounce cans chunk light tuna (see Note), drained
- ½ cup coarse dry whole-wheat breadcrumbs (see Tip)
- ½ cup low-fat mayonnaise, divided
- 1 4-ounce jar chopped pimientos, drained, or ⅓ cup chopped roasted red peppers, divided
- ¼ cup finely chopped celery
- ¼ cup finely chopped onion
- ½ teaspoon Old Bay seasoning, divided
- 1 tablespoon extra-virgin olive oil
- 4 whole-wheat hamburger buns or English muffins, toasted
- 4 lettuce leaves
- 4 slices tomato

1. Combine tuna, breadcrumbs, ¼ cup mayonnaise, half of the pimientos (or roasted red peppers), celery, onion and ¼ teaspoon Old Bay seasoning in a medium bowl, breaking up any larger pieces of tuna until the mixture is uniform and holds together.
2. Combine the remaining ¼ cup mayonnaise, the remaining pimientos (or peppers) and ¼ teaspoon Old Bay seasoning in a bowl.
3. Heat oil in a large nonstick skillet over medium heat. Using a generous ⅓ cup each, form the tuna mixture into four 3-inch burgers. Cook until heated through and golden brown, about 2 minutes per side.
4. Spread the top half of each bun (or English muffin) with pimiento mayonnaise and place a burger, lettuce and tomato on the bottom half.

Per serving: 321 calories; 12 g fat (2 g sat, 5 g mono); 20 mg cholesterol; 39 g carbohydrate; 5 g added sugars; 17 g protein; 5 g fiber; 647 mg sodium; 365 mg potassium.

Nutrition bonus: Vitamin C (40% daily value), Vitamin A (29% dv).

Carbohydrate servings: 2½

Exchanges: 2 starch, 1½ lean meat, 2 fat

Note: Chunk light tuna, like all fish and shellfish, contains some mercury. According to the FDA and EPA, women who are or might become pregnant, nursing mothers and young children should limit their consumption to 12 ounces a week of fish with lower mercury, including canned "light" tuna. Consumption of albacore tuna (which is labeled "white") should be limited to no more than 6 ounces a week. And, if you're looking for an environmentally sustainable canned tuna option, check the label—tuna that was caught by troll or pole-and-line is considered the best choice, according to Monterey Bay Aquarium's Seafood Watch Program. Or look for the blue Certified Sustainable Seafood label from the Marine Stewardship Council.

Tip: To make your own coarse dry breadcrumbs, trim crusts from whole-wheat bread. Tear bread into pieces and process in a food processor until coarse crumbs form. Spread on a baking sheet and bake at 250°F until dry, about 10 to 15 minutes. One slice of bread makes about ⅓ cup dry breadcrumbs. For store-bought coarse dry breadcrumbs we like Ian's brand, labeled "Panko breadcrumbs." Find them at well-stocked supermarkets.

Blue Cheese Portobello Burgers

Makes: 4 servings

Active time: 1 hour **Total:** 1 hour

 Heart Health  Diabetes  Weight Loss  Gluten Free

Blue cheese and slow-cooked onions turn a grilled portobello into an indulgent portobello burger. Ruby port—a sweet fortified wine—gives extra depth of flavor to the caramelized onions.

- 3 tablespoons extra-virgin olive oil, divided**
- 1 tablespoon balsamic vinegar**
- 3 cloves garlic, minced**
- 4 large portobello mushrooms, stems removed**
- 3 cups thinly sliced red onion**
- 2 tablespoons water**
- ¼ cup ruby port**
- ½ teaspoon salt, divided**
- ¼ teaspoon freshly ground pepper, divided**
- ½ cup crumbled reduced-fat blue cheese (2 ounces)**
- 4 whole-wheat hamburger buns**
- 1 cup baby arugula**
- 4 thick slices tomato**

1. Whisk 2 tablespoons oil, vinegar and garlic in a bowl. Brush the mixture all over mushrooms and let stand for 30 minutes.

2. Meanwhile, heat the remaining 1 tablespoon oil in a large skillet over high heat. Add onion and cook, stirring frequently, until beginning to brown, about 5 minutes. Reduce heat to low, add water and cook, stirring frequently, until the onion is browned and very soft, about 15 minutes. Add port; cook, stirring occasionally, until mostly evaporated, about 3 minutes more. Stir in ¼ teaspoon salt and ⅛ teaspoon pepper. Remove from the heat and cover.

3. Preheat grill to medium.

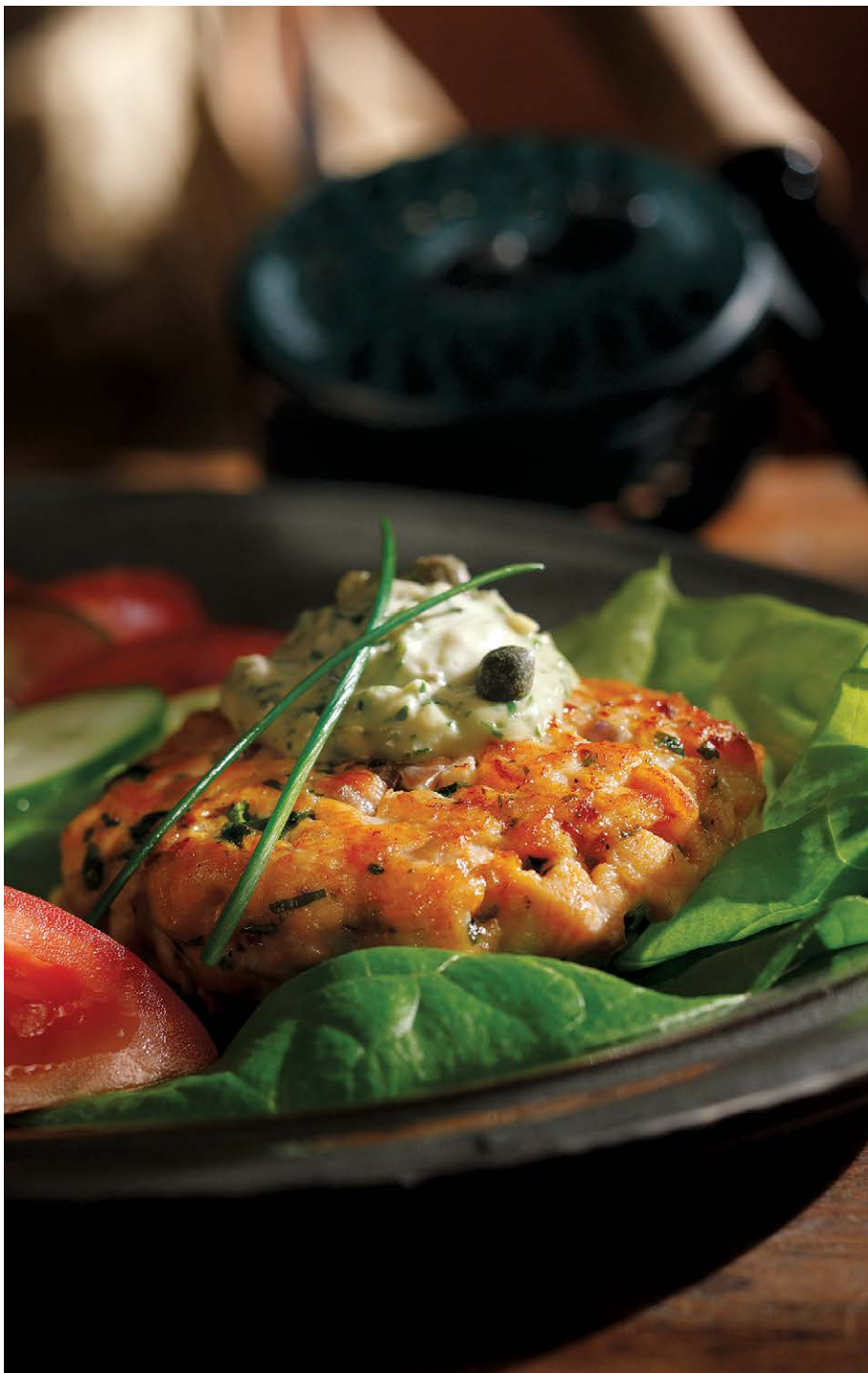
4. Sprinkle the mushrooms with the remaining ¼ teaspoon salt and ⅛ teaspoon pepper. Grill, gill-side down, for 5 minutes. Turn over and top each with 2 tablespoons cheese. Grill until the mushrooms are tender, 4 to 5 minutes more.

5. Toast buns. Divide the onions among the mushrooms. Serve (cheese-side up) on buns with arugula and tomato.

Per serving: 359 calories; 16 g fat (4 g sat, 9 g mono); 8 mg cholesterol; 42 g carbohydrate; 3 g added sugars; 12 g protein; 7 g fiber; 676 mg sodium; 816 mg potassium.

Nutrition bonus: Potassium & Vitamin C (24% daily value), Folate (19% dv), Magnesium (18% dv).





Salmon Burgers with Green Goddess Sauce

Makes: 4 servings

Active time: 25 minutes **Total:** 45 minutes

To make ahead: Prepare through Step 1, cover and refrigerate for up to 2 hours.

✓ Heart Health ✓ Diabetes ✓ Weight Loss ✓ Gluten Free

The key to perfect salmon burgers is to handle the fish delicately: don't overseason, overhandle or overcook it. Cutting the salmon into small pieces by hand takes a little while, but you want it in tender little bits. Serve over a bed of salad greens with the Green Goddess Sauce dolloped on top.

- 1 pound wild salmon fillet, skinned (see Tip)**
- 2 tablespoons finely chopped red onion or scallion**
- 2 tablespoons chopped fresh cilantro**
- ½ teaspoon finely chopped peeled fresh ginger**
- ¼ teaspoon kosher or sea salt**
- ⅛ teaspoon freshly ground pepper**
- 1 tablespoon extra-virgin olive oil or canola oil**
- 4 tablespoons Green Goddess Sauce**

1. With a large chef's knife, chop salmon using quick, even, straight-up-and-down motions (do not rock the knife through the fish or it will turn mushy) until you have a mass of roughly ¼-inch pieces. Transfer to large bowl and gently stir in onion (or scallion), cilantro, ginger, salt and pepper, being careful not to overmix. Divide the mixture into 4 patties, about 1 inch thick. Chill in the refrigerator for at least 20 minutes (or up to 2 hours) before cooking.

2. Heat oil in a large nonstick skillet over medium heat. Add the burgers and cook until browned on both sides and just cooked through, 4 to 6 minutes total. Serve with 1 tablespoon Green Goddess Sauce each.

Per serving: 239 calories; 13 g fat (2 g sat, 6 g mono); 74 mg cholesterol; 2 g carbohydrate; 26 g protein; 0 g fiber; 255 mg sodium; 653 mg potassium.

Nutrition bonus: Potassium (19% daily value), omega-3s.

Carbohydrate servings: 0

Exchanges: 3½ lean meat, 1 fat

Tip: Place salmon fillet on a clean cutting board, skin side down. Starting at the tail end, slip the blade of a long, sharp knife between the fish flesh and the skin, holding the skin down firmly with your other hand. Gently push the blade along at a 30° angle, separating the fillet from the skin without cutting through either.

Green Goddess Sauce

Makes: 1¼ cups

Active time: 10 minutes **Total:** 10 minutes

To make ahead: Cover and refrigerate for up to 3 days.

Try this fresh approach to tartar sauce as an accompaniment for any fish or combine it with chunk light tuna as the base of a tuna salad.

- ¾ cup reduced-fat mayonnaise**
- ¼ cup reduced-fat sour cream**
- 4 anchovy fillets, rinsed and chopped**
- 3 tablespoons chopped fresh chives**
- 2 tablespoons chopped fresh parsley**
- 1 tablespoon capers, rinsed**
- 2 teaspoons freshly grated lemon zest**
- 1 teaspoon fresh lemon juice**
- ⅛ teaspoon salt**
- Freshly ground pepper to taste**

Combine mayonnaise, sour cream, anchovies, chives, parsley, capers, lemon zest, lemon juice, salt and pepper in a food processor and pulse to combine.

Per tablespoon: 21 calories; 2 g fat (1 g sat, 0 g mono); 2 mg cholesterol; 1 g carbohydrate; 0 g protein; 0 g fiber; 128 mg sodium; 8 mg potassium.

Carbohydrate servings: 0

Exchanges: ½ fat

Chickpea Burgers

Makes: 4 servings

Active time: 45 minutes | **Total:** 45 minutes

☒ Heart Health ☐ Diabetes ☐ Weight Loss ☐ Gluten Free

These chickpea burgers are similar to falafel, but with the added whole-grain goodness of brown rice and wheat germ. Serving them on pita breads with thick slices of tomato and a dab of plain yogurt continues the Middle Eastern theme, but if you want to take it even further, drizzle with a little sauce made with minced garlic and tahini thinned with water and lemon juice.

- 2 tablespoons sesame seeds
- 1 tablespoon ground coriander
- 1 tablespoon ground cumin
- 2 teaspoons canola oil
- 4 scallions, chopped
- 3 cloves garlic, minced
- 1 15-ounce can chickpeas, rinsed
- 1 cup cooked brown rice
- $\frac{2}{3}$ cup wheat germ, divided
- 3 tablespoons lemon juice
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon freshly ground pepper
- 4 6-inch whole-wheat pita breads, warmed
- 8 slices tomato
- 1 cup baby spinach
- 4 tablespoons nonfat plain yogurt

1. Heat a small skillet over low heat. Add sesame seeds and toast, stirring, until golden brown, 2 to 4 minutes. Add coriander and cumin; cook, stirring, until fragrant, 10 to 20 seconds more. Transfer to a plate and let cool. Grind with a mortar and pestle or in a spice mill or clean coffee grinder; set aside.

2. Add oil to the pan and heat over medium heat. Add scallions and garlic; cook, stirring, until softened, about 2 minutes. Set aside.

3. Position rack in upper third of oven; preheat broiler. (Alternatively, preheat a grill to medium-high.)

4. Coarsely mash chickpeas in a medium bowl with a potato masher. Stir in rice, $\frac{1}{3}$ cup wheat germ, lemon juice, salt, pepper, the reserved spice mixture and the scallion mixture; mix well. Shape the mixture into four $\frac{3}{4}$ -inch-thick patties. Place the remaining $\frac{1}{3}$ cup wheat germ in a shallow dish and dredge the patties, pressing the wheat germ onto them firmly. If broiling, place the patties on a lightly oiled rack set on a baking sheet. (If grilling, oil the grill rack; see *Tip*.)

5. Broil (or grill) the patties until browned and heated through, about 3 minutes per side. Tuck the burgers into pitas with tomato slices, spinach and yogurt.

Per serving: 478 calories; 10 g fat (1 g sat, 3 g mono); 0 mg cholesterol; 82 g carbohydrate; 1 g added sugars; 20 g protein; 15 g fiber; 813 mg sodium; 693 mg potassium.

Nutrition bonus: Folate & Magnesium (45% daily value), Zinc (40% dv), Iron (38% dv), Vitamin C (32% dv), Vitamin A (23% dv), Potassium (20% dv), Calcium (17% dv).

Tip: Oiling a grill rack before you grill foods helps ensure that the food won't stick. Oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.)



About EatingWell

The EatingWell mission is to provide the inspiration and information people need to make healthy eating a way of life.

- We deliver delicious, simple recipes that meet stringent guidelines for taste, nutrition and dependability, recipes easily replicated by home cooks.
- We report on the latest nutrition and health news, providing the practical, science-based answers consumers are looking for.
- We examine the connections among food, its origins and its impact on communities.
- We encourage people to make informed, mindful decisions about how they eat and to celebrate the joys of food.

EatingWell reaches millions of consumers through the award-winning *EatingWell* Magazine, www.EatingWell.com, EatingWell cookbooks and licensing partners that trust EatingWell to provide healthy recipes, how-to instruction, diet and nutrition articles and custom healthy-eating solutions.

We hope you enjoy our recipes and feel informed and inspired to make healthy eating *your* way of life!

About EatingWell health tags

A recipe checked...



has limited saturated fat.



is low in calories and meets limits for Carbohydrate Servings.



has reduced calories (and limited saturated fat).



does not contain wheat, rye, barley or oats.

(Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked “Gluten Free,” the serving suggestions that accompany it may contain gluten.)