

Barbell Burgers

Nutrition Highlights: antioxidants, whole grains, protein boost

Makes: 4 servings

Taking fat, juicy burgers away from our men isn't an option, but we can help minimize the damage from the saturated fat in the beef with a healthy hidden dose of oat bran fiber, spinach, blueberries, and tomato paste. Secretly pump-up the burgers at your next backyard cookout and enjoy the rave reviews!



If time allows, make the burger patties ahead of time and chill them for an hour before grilling so they're firmer and easier to handle.

- 1/4 cup tomato paste
- 1/4 cup Purple Puree (see Make-Ahead Recipe #1)
- 1/4 cup oat bran, plus additional as needed
- 2 teaspoons Worcestershire sauce
- 1/2 teaspoon salt
- 1 pound lean ground beef
- 4 hamburger buns or English muffins, preferably whole grain
- Optional extra boost: lettuce, tomato slices, or grilled onions and mushrooms

> Preheat an outdoor grill to medium-high, or heat an indoor grill pan to medium-high and spray with oil.

> In a large bowl, mix tomato paste, Purple Puree, oat bran, Worcestershire sauce, and salt. Add the ground beef, mixing with your hands until well combined. If the mixture is too sticky, add a bit more oat bran.

> Using damp hands, shape mixture into four 1/4-pound patties. At this point, the burgers may be prepared a day ahead and kept covered in the refrigerator or frozen. If you are not freezing for future use, proceed to the next steps.

> Spray both sides of the burgers with oil and place them on the prepared grill. Cook for 4 to 7 minutes on each side, or to desired doneness.

> Serve on whole grain buns slathered with Perfect Pesto, page 223, or One-and-Only Guacamole, page 300, and optional extras.