



#MakeItGAP

RECIPES

HEALTHY BURGER BOWLS

YIELD: 4 Servings

INGREDIENTS:

1 lb. ground lamb, beef, chicken, or turkey

Salt and pepper

Grillable veggies - *onion, zucchini, bell pepper, eggplant, tomato and/or asparagus*

2 large handfuls fresh greens - *arugula, spinach, baby kale, mesclun, or other salad greens*

Fresh veggies - *grated carrot, grated beet, cucumber, radish, shredded cabbage, tomatoes, sprouts, or avocado*

Optional toppings - *seeds, nuts, pickled onions or shallots*

Dressing - *Caesar, gorgonzola, balsamic, tahini, green goddess, or simply lemon and olive oil*

PREPARATION:

Preheat grill to medium high.

Place ground meat in a large bowl, sprinkle with salt and pepper. Mix salt and pepper through with your hands until blended. Divide meat into 4 equal portions and shape each quarter into a patty.

Prep your grillable vegetables by slicing or skewering and brush lightly with olive oil. For more delicate vegetables or smaller pieces, place on top of a piece of aluminum foil with a drizzle of oil. Sprinkle with salt and pepper.

On one side of the grill, cook burgers 3 1/2 minutes per side for medium beef or lamb burgers or 5 minutes per side to cook completely for chicken or turkey burgers.

On the other side of the grill, at the same time as the burgers, cook the vegetables. Cook to desired doneness or until vegetables have grill marks. Remove from grill and set aside.

Place a bed of salad greens into individual bowls. Add your choice of fresh and grilled vegetables, then top with a burger patty. Spoon or drizzle dressing over the top then add any optional toppings.

Recipe adapted from feastingathome.com