

# Great Grilling

## Add Healthy Sizzle To Your Summertime Grilling

(NAPSA)—There's good news for people who want to enjoy backyard barbeques while helping their families eat more healthfully. The rising trend in obesity is hitting American families close to home, and people are looking for ways to embrace a healthier lifestyle. Many are finding they can do just that by substituting a savory meatless burger like those from Gardenburger for the usual grilling staples.

High in protein, with no cholesterol, and lower in fat and calories than regular burgers, meatless patties can be a more healthful way to grill. What's more, meatless burgers pose no risk of food-borne illnesses and offer a safe option for those concerned about the latest threat of mad cow disease entering the U.S. meat supply.

Widely available in a variety of great-tasting flavors, all-natural products from Gardenburger add hearty and healthy sizzle to your summer grilling season. For more information and recipes, go to [www.gardenburger.com](http://www.gardenburger.com).

### Gardenburger Dijon Original Burger

- 1 Gardenburger Original  
Burger



**Grilling can be a fun and healthy way to get together with family or friends.**

- 1 ounce reduced-fat Dijon  
Mayonnaise (Dijonaise)
- 1 Piece Leaf Lettuce
- 2 Slices Tomato
- 1 Slice Red Onion
- 1 Whole Wheat Bun

Heat grill to medium, spray with nonstick cooking spray. Grill Original Burger until hot, flipping every few minutes, about 6-8 minutes total. Toast bun on grill until light brown, then spread on reduced-fat Dijonaise. Add lettuce, tomato & onion, and top with Original Burger. Enjoy with grilled summer vegetables and fresh fruit.