

Bite Into A Better Burger

(NAPSA)—There's good news for barbecue lovers: It can be easy to make healthful choices at your next outdoor soiree. These simple substitutions are so delicious, your guests are likely to leave your next backyard party more than satisfied.

Here are a few tips for remaking your next barbecue:

- Before heading to the grocery store, plan a menu with better-for-you alternatives to traditional grilling fare. For example, substitute fresh, seasonal grilled vegetables such as corn, peppers or carrots for potato chips.

- Once you've fired up the grill, serve veggie burgers as a better-for-you alternative to meat. Get your meatless barbecue started with this *Alpine Burger* recipe featuring *MorningStar Farms Grillers Original Veggie Burgers*. These burgers contain 57 percent less fat than regular ground beef (which has 14g total fat per 64g serving; *Grillers Original* burgers contain 6g fat per 64g serving). It's not a burger—it's better.

Alpine Burger

Prep Time: 25 minutes

Time to Table: 25 minutes

Servings: 1

- $\frac{3}{4}$ cup sweet onions, sliced
- $\frac{1}{2}$ cup fresh mushrooms, sliced
- $\frac{1}{4}$ teaspoon bottled minced garlic
- 1 *MorningStar Farms Grillers Original Burger*
- 1 teaspoon spicy brown mustard or Dijon mustard
- 1 slice multigrain or whole wheat bread, toasted
- $\frac{1}{2}$ cup baby arugula
- 1 tablespoon Gruyère cheese or Swiss cheese, shredded



Great grilling doesn't have to mean sacrifice.

In large nonstick skillet coated with cooking spray, cook onions, covered, over medium-low heat for 16 to 20 minutes or until onions are very tender, stirring occasionally. Stir in mushrooms and garlic. Cook over medium heat, covered, for 4 to 6 minutes or until onions begin to brown and mushrooms are tender, stirring occasionally. Remove from heat.

Meanwhile, cook veggie burger according to package directions.

Spread mustard on one side of bread slice. Top with arugula (if desired). Place burger on arugula. Spoon onion mixture over burger. Sprinkle with cheese. Let stand for 1 to 2 minutes or until cheese melts. Serve immediately.

- Finish your barbecue on a sweet note that uses the grill. Grilling pineapple and serving it over sherbet for dessert can be an easy way to increase your daily intake of fruit.

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For more grilling recipes and fun food ideas, visit www.MorningStarFarms.com.