



Healthy Living at Hannaford



Teriyaki Portabella Mushroom Burger with Garlic Mayonnaise

Burgers:

- 2 portabella mushrooms (about 3 1/2 inches wide), cleaned and stems removed
- 2 tablespoons bottled teriyaki sauce
- 2 slices reduced-fat Cabot cheddar cheese (1-2 ounces)
- 2 multigrain or whole-wheat hamburger buns
- 2 leaves lettuce
- 4 tomato slices

Garlic Mayonnaise:

- 1 tablespoon light Hellmann's mayonnaise
- 1/2 teaspoon minced garlic
- 1/4-1/2 teaspoon lemon juice
- A few drops Worcestershire sauce (optional)
- Ground pepper and seasoning salt to taste

Directions:

1. Fire up the coals or the gas grill. Spread teriyaki sauce over the mushrooms and let marinate while the coals heat.
2. Grill the mushrooms about 6 inches from the heat until tender (about 4-5 minutes a side). Put cheese on top and grill briefly to melt.
3. Assemble burgers by placing lettuce and tomato on each bottom bun. Top with the cheese-topped mushroom. Spread each top bun lightly with half the garlic mayonnaise and place on top of the mushroom (the lettuce keeps the bottom bun from getting soggy).



Interested in learning more?

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You can also email a private message to our staff registered dietitian, for free nutrition advice at hannaford.com/asknutritionist.



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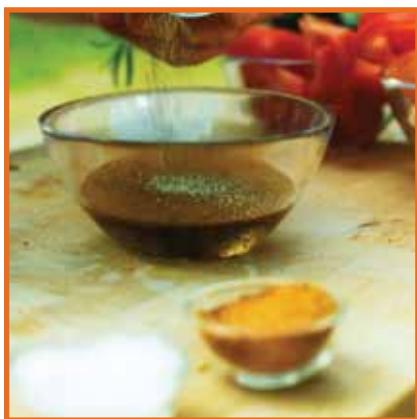
Grilled Eggplant and Pepper Goat Cheese Sandwiches

Ingredients:

- 1 red bell pepper
- 1 eggplant, cut lengthwise into 1/4-inch slices
- 3 tablespoons bottled low-fat Italian or balsamic vinaigrette
- 8 slices whole-grain bread (or use a French baguette sliced lengthwise)
- 2 ounces soft goat cheese
- 1/4 cup tapenade

Directions:

1. Preheat the grill. Cut the top off the bell pepper; discard the rind and seeds. Cut pepper into quarters. Brush vinaigrette on eggplant slices and bell pepper pieces.
2. Place the eggplant slices and bell pepper pieces on a grill coated with canola cooking spray. Grill about 6 inches from heat until tender and slightly browned (8-10 minutes), turning after 4-5 minutes.
3. Spread 4 bottom slices of bread with goat cheese, then tapenade. Top the tapenade with slices of eggplant and a piece of red pepper. Top with remaining slices of bread.
4. Cut each sandwich into 2 or 4 triangles (if using whole-grain bread) and serve.



Orange-Honey Marinade

Ingredients:

- 3/4 cup Tropicana orange juice
- 3/4 cup low-sodium soy sauce
- 1/4 cup red wine vinegar or dry sherry
- 1 green onion, chopped
- 1 tablespoon Dijon mustard
- 3 tablespoons honey
- 1 tablespoon ground 4 garlic cloves, minced
- 1 tablespoon orange zest (optional)

Directions:

1. Mix all ingredients in a large bowl.
2. Place meat in zip-lock bag and pour marinade over meat; close bag.
3. Marinate in refrigerator for at least 30 minutes, turning bag occasionally.
4. Remove meat from bag and grill. Discard marinade.



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Cajun Burgers

Serve these spicy ground sirloin or turkey burgers on whole-grain buns dressed with lettuce, tomato, and red onion and the barbecue sauce of your choice.

Ingredients:

- 1 pound ground sirloin (extra-lean ground beef); or substitute ground turkey with about 6% fat
- 3 tablespoons dry Italian breadcrumbs
- 3-4 tablespoons egg substitute
- 3 green onions, chopped
- 1 tablespoon Cajun seasoning
- 1 tablespoon prepared mustard
- 4 slices (4 ounces) reduced-fat Cabot cheddar cheese slices
- 4 whole-grain buns
- 1/4 cup barbecue sauce of your choice
- 4 lettuce leaves
- 4 large tomato slices
- About 12 rings of red onion

Directions:

1. Preheat grill to high. In an 8-cup measure, blend the ground meat, breadcrumbs, egg substitute, green onions, Cajun seasoning, and mustard by mixing with your hands. Form into 4 patties, by hand or with a patty press.
2. Lightly coat the grill grate with canola cooking spray. Cook the patties 5 minutes per side or until well done. Place a slice of the cheese on each burger and allow it to melt.
3. Serve the burgers on whole-grain buns dressed with barbecue sauce, lettuce, tomato, and onion.



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