



Delightful Food Ideas

Healthy Beef Made Simple

(NAPSA)—While most Americans want to eat healthier, many have a hard time doing so with their harried schedules. According to recent research, at 4:00 p.m., 75 percent of Americans don't even know what they're having for dinner.

Fortunately, healthy cooking doesn't have to be complicated. For example, here's a simple recipe for tasty burgers: Mix half a cup of salsa with a pound of ground beef, form four patties and grill. Juicy, flavorful burgers, with just two ingredients. To reduce fat and calories, buy the leanest ground beef you can find. A ground round that's 96 percent lean, with just 4.5 grams of fat in a quarter-pounder, is available from Laura's Lean Beef. Compare that to 22 fat grams for a burger made from 80 percent lean ground beef.

More tips for great burgers:

- When forming patties, handle the beef as little as possible. Overworking beef can mean a dense, tough burger.

- Make sure your pan or grill is preheated and well oiled. You should hear a sizzle when the patty first hits the pan.

- Never use your spatula to press your burger while cooking—you'll press the juices out.

More in the mood for steak? This looks fancy, but takes less than 30 minutes and when you make it with a Laura's Lean Beef ribeye, it has just 12 grams of fat, 12 grams of carbs and 261 calories:

Steak Salad with Blue Cheese

- ¼ teaspoon lemon pepper**
- ¼ teaspoon freshly ground pepper**
- 1 lb. Laura's Lean Ribeye Steaks**



Even if your life is complicated, eating healthfully can be simple.

5 cups arugula or mixed greens

1½ cups grape tomatoes

½ green pepper, thinly sliced

¼ cup crumbled blue cheese

½ cup low-fat vinaigrette

Sprinkle lemon pepper and ground pepper over steak; set aside. Grill steak, uncovered, over medium-hot coals (350 to 400 degrees) 5 minutes on each side to desired degree of doneness. Slice. Combine arugula, tomatoes and green pepper in a large bowl. Top with sliced steak, blue cheese and toss with vinaigrette.

Serves 6

This recipe comes from the Laura's Lean Beef "Healthy Beef Made Simple" program of quick recipes and step-by-step cooking tips, such as: Brown some extra lean ground beef to keep on hand in the freezer. After cooking the beef, drain and freeze in a zip-top plastic bag for up to three months to use in pizza, chili, tacos, spaghetti, casseroles and omelettes.

More recipes and tips are at www.laurasleanbeef.com.