

A Healthier Way To Enjoy The Thrill Of The Grill

(NAPSA)—There's good news for people who want to enjoy backyard barbecues and stick to their diet plans at the same time.

Many are finding they can do just that—without sacrificing taste—by substituting savory meatless burgers for the usual grilling staples.

High in protein, no cholesterol, and lower in fat and calories than regular burgers, meatless patties can be a more healthful way to grill. What's more, with few net carbohydrates and loads of fiber, they won't derail low-carb diet plans.

The market for meatless is booming. It's estimated that nearly 22 million of us purchase meatless products regularly.

If you are thinking of going meatless, here are a couple of easy-to-prepare grilling ideas from Gardenburger. Widely available in a variety of flavors, 100% natural products like those from Gardenburger can add a hearty and healthy sizzle to your summer grilling season.

Summer Garden Burger

- 1 10" piece French baguette, sliced horizontally
- 4 tablespoons garlic aioli
- 2 small zucchinis, sliced
- 6 slices small eggplant
- a few slices fennel
- 4 slices sweet bell pepper
- 4 slices tomato
- 2 Gardenburger Veggie Medley patties, grilled
- 2 ounces smoked mozzarella
- 4 tablespoons Basil Mayonnaise (recipe below)
- olive oil, for grilling

Grill Gardenburger Veggie Medley patties according to package directions. Before



Enjoy grilled dishes without sacrificing taste or your diet. For more recipes like these, visit gardenburger.com.

removing patties from grill, add cheese to patty to melt. Lightly brush all vegetables except tomato with olive oil and grill approximately 2 minutes each side. Brush French baguette with olive oil and grill about 2 minutes or until golden.

Remove bread from grill and spread Basil Mayonnaise onto each slice of grilled bread. Stack grilled vegetables and tomato on bread, and top with grilled Gardenburger patties with cheese. Finish with second slice of bread. Garnish with fresh basil. Makes 2 servings.

Basil Mayonnaise

- 1 cup mayonnaise
- 1 tablespoon fresh lemon juice
- 1 small clove garlic, smashed or finely minced
- 5 large basil leaves
- salt and freshly ground pepper

In a bowl, start with the mayonnaise, add the lemon juice, garlic and season with

salt and pepper. Finely chop the basil and add it last. Refrigerate until ready to use. Makes about 1 cup.

Southwest Avocado Burger

- 2 onion rolls, sliced in half
- 4 tablespoons Chipotle Chile Mayonnaise (recipe below)
- 2 Gardenburger Flame Grilled patties, grilled
- 2 ounces pepper Jack cheese
- 4 slices tomato
- 4 ounces shredded lettuce
- 4 slices avocado
- olive oil, for grilling

Lightly brush rolls with olive oil and grill about 2 minutes, or until golden. Grill Gardenburger Flame Grilled patties according to package directions.

Before removing patties from grill, add slice of cheese to each patty to melt. Spread Chipotle Chile Mayonnaise onto both sides of rolls and place grilled Gardenburger patties with cheese on bottom halves. Layer on tomato slices, lettuce and avocado. Finish with roll tops. Serve hot. Makes 2 servings.

Chipotle Chile Mayonnaise

- 1 cup mayonnaise
- 1 tablespoon of canned Chipotle chilies
- 1 clove garlic, minced
- 1 tablespoon lime juice
- 1 tablespoon minced scallions

Blend all ingredients and keep refrigerated until ready to use. Makes about 1 cup.