RECIPE OF THE MONTH
JUNE 2010

Veggie Burgers with Gorgonzola

By American Heart Association

Serves 4; 1 patty and ½ cup veggies

Ingredients
- 4 frozen reduced-fat vegetarian burgers, such as grilled soy protein burgers
- 1 large yellow summer squash, thinly sliced
- 1 medium onion, thinly sliced
- 1 medium green bell pepper, thinly sliced
- 1/2 teaspoon dried oregano, crumbled
- 1/8 teaspoon crushed red pepper flakes
- Vegetable oil spray
- 1/8 teaspoon salt
- 2 ounces crumbled Gorgonzola or blue cheese

Directions
Cook the burgers using the package directions for the stovetop. Transfer to a platter. Do not cover. Increase the heat to medium high. Add the squash, onion, bell pepper, oregano, and red pepper flakes to the pan. Lightly spray with vegetable oil spray. Cook for 5 minutes, or until the edges of the onion begin to lightly brown, stirring frequently. Remove from the heat. Stir in the salt. To serve, sprinkle the burgers with the Gorgonzola. Top with the vegetable mixture.

Gorgonzola is high in fat and sodium; fortunately, the flavor is pronounced, so you won’t need to use a lot. Gorgonzola and its British and French counterparts (Stilton and Roquefort, respectively) are sometimes called the “Kings of Cheeses.”

Nutritional Information
Calories: 175
Total Fat: 4.5 g
Saturated Fat: 3 g
Polyunsaturated Fat: 0
Monounsaturated Fat: 0
Cholesterol: 13 mg
Sodium: 196 mg
Total Carbohydrate: 26 g
Fiber: 6 g
Sodium: 549 mg
Protein: 10 g

Source: American Heart Assoc.
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