



Who says a burger has to be made from ground beef?

# Build a Better BURGER

Escape the ordinary with Chef Hari Nayak's recipes for burgers that will break you out of your rut on a bun.

## Tuna Burger With Spicy Avocado Relish

Serves 4

### Tuna burger

1 pound sushi-grade fresh tuna  
¼ cup low-sodium soy sauce  
¼ cup extra virgin olive oil  
Juice of ½ lemon  
½ cup chopped fresh cilantro leaves  
1 tablespoon grated fresh ginger  
1 teaspoon salt  
1 teaspoon ground black pepper

### Spicy avocado relish

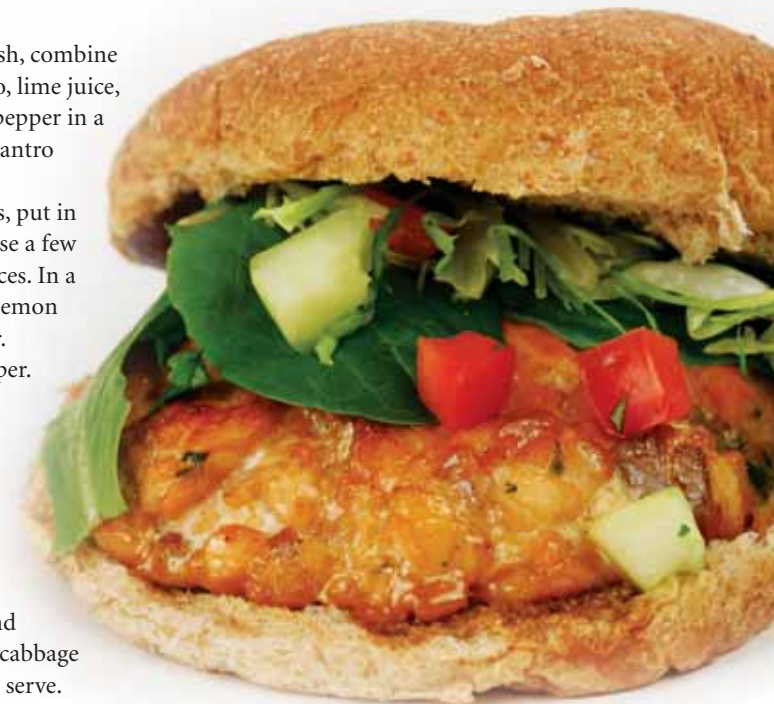
3 ripe avocados, peeled, pitted, and diced  
1 small red onion, finely diced  
1 jalapeño, finely diced, optional  
Juice of two limes  
1 small tomato, finely diced  
3 teaspoons honey  
Salt and freshly ground black pepper  
½ cup coarsely chopped fresh cilantro

4 whole wheat grain rolls  
1 cup shredded cabbage

To make the avocado relish, combine avocados, onion, jalapeño, lime juice, tomato, honey, salt, and pepper in a medium bowl. Fold in cilantro until combined.

Chop tuna into chunks, put in a food processor, and pulse a few times to break up the pieces. In a bowl, mix soy sauce, oil, lemon juice, cilantro, and ginger. Season with salt and pepper. Pour over the tuna and pulse until well blended. Form into four patties. Grill tuna patties until firm to touch, approximately 5 minutes.

Assemble burgers by placing one tuna patty and some avocado relish and cabbage on a whole grain roll and serve.



**TD&N Nutrient Analysis:** Calories: 643;  
Total Fat: 39 g; Saturated Fat: 6 g; Polyunsaturated Fat: 6 g; Monounsaturated Fat: 26 g;  
Cholesterol: 53 mg; Sodium: 1,260 mg; Carbohydrates: 46 g; Fiber: 15 g; Protein: 34 g

### Lamb Burger With Cilantro Jalapeño Pesto

Serves 4

#### Cilantro jalapeño pesto

- 1½ cups cilantro leaves
- 4 jalapeños, grilled, peeled, and chopped
- 1 clove garlic, chopped
- 2 tablespoons pine nuts
- Salt and freshly ground black pepper
- ½ cup extra virgin olive oil

Combine cilantro, jalapeño, garlic, pine nuts, salt, and pepper in a food processor and process until coarsely chopped. With the motor running, slowly add the oil and process until emulsified. Scrape into a bowl. Can be made two days in advance and stored in a container with a tight-fitting lid in the refrigerator.

#### Lamb burgers

- 1 pound ground lamb
- 1 medium onion, finely chopped
- 1 teaspoon ginger, minced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- ½ teaspoon chili powder
- Salt to taste
- ¼ cup bread crumbs
- 2 tablespoons mint leaves, chopped
- ¼ cup fresh cilantro, chopped

Place meat in a bowl. Add onion, ginger, cumin, coriander, chili, salt, and bread crumbs and mix well with your hands, turning, mashing, and kneading to blend the flavors and get a smooth texture. Cover and refrigerate mixture for at least an hour.

Add mint and cilantro and mix in. Shape four patties: Wet your hands with water, scoop up about ¼ cup of the mixture, and use your hands to shape and press it into a ¾-inch thick oval or round patty. Give it several light but firm squeezes so it holds its shape, then place it on an oiled plate and repeat with the remaining meat.

To grill patties, prepare a charcoal or gas grill to medium-high. Lightly oil rack. Transfer patties to the grill and cook, turning after 5 to 6 minutes, until done.

Serve burgers hot on a bun, pita bread, or any flat-bread with a dollop of cilantro jalapeño pesto.

**TD&N Nutrient Analysis** (without bun): Calories: 652; Total Fat: 59 g; Saturated Fat: 16 g; Polyunsaturated Fat: 8 g; Monounsaturated Fat: 32 g; Cholesterol: 83 mg; Sodium: 143 mg; Carbohydrates: 11 g; Fiber: 2 g; Protein: 22 g

**TD&N Tip**

This is a flavorful burger, so a little can go a long way. Cut the fat by making a smaller burger and using a scant spoonful of pesto.

### Southwest Black Bean Burger With Jicama Slaw

Serves 4

#### Jicama slaw

- 2 cups finely shredded jicama
- ½ cup finely shredded red onion
- 4 teaspoons lime juice
- 1 teaspoon vegetable oil
- ½ teaspoon honey
- 2 scallions, chopped fine
- Salt to taste

In a bowl, mix together all ingredients. Toss well and store in the refrigerator until ready to use.

#### Southwest black bean burger

- One 16-ounce can black beans, rinsed, drained
- ½ cup chopped red onion
- ¼ cup bread crumbs
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- ½ teaspoon chili powder
- Salt to taste
- ¼ cup fresh cilantro, chopped



- ½ teaspoon green Tabasco
- 4 sesame seed hamburger buns, split and lightly toasted

Using a fork, mash beans in a bowl. Mix in onion, bread crumbs, coriander, cumin, chili powder, salt, cilantro, and Tabasco. Using moistened hands, shape bean mixture into four patties.

Preheat broiler. Brush with oil. Grill burgers until heated through, about 3 to 4 minutes per side. Transfer burgers to bottom halves of buns. Spoon a scoop of slaw over each patty. Cover with bun tops.

**TD&N Nutrient Analysis:** Calories: 358; Total Fat: 6 g; Saturated Fat: 1 g; Polyunsaturated Fat: 1 g; Monounsaturated Fat: 0 g; Cholesterol: 0 mg; Sodium: 1,043 mg; Carbohydrates: 72 g; Fiber: 11 g; Protein: 12 g

### Asian Citrus Salmon Burger

Serves 2

#### Salmon burger

- 8 ounces salmon fillets, boned and skinned, roughly chopped
- 2 teaspoons thinly sliced scallions
- ¼ teaspoon fresh minced garlic
- ¼ teaspoon dried ginger powder
- 1 teaspoon fresh cilantro, chopped
- 1 teaspoon soy sauce
- ½ teaspoon salt
- ¼ teaspoon ground black pepper

#### Asian cucumber relish

- ¼ cup cucumber, peeled, seeded, and diced
- 2 tablespoons red bell pepper, seeded, stemmed, and diced

- 1 teaspoon rice wine vinegar
- ½ teaspoon fresh cilantro, chopped

#### Citrus glaze

- ¼ cup soy sauce
- ¼ cup pure maple syrup
- ¼ cup orange juice

- 2 whole wheat hamburger rolls
- ½ cup spring mix

Combine all ingredients in the salmon burger recipe and form into two 4-ounce patties. Set aside and refrigerate until ready to cook.

Next, prepare the Asian cucumber relish by combining all ingredients in a medium bowl. Set this aside and refrigerate until ready to serve.

Combine soy sauce, maple syrup, and orange juice in a small saucepan over

moderate heat until glaze is reduced to ½ cup, about 5 minutes. Set aside until you're ready to cook the burgers.

Grill salmon patties until firm to touch, approximately 5 minutes. Glaze salmon patties with citrus glaze while grilling.

Assemble burgers by placing one salmon patty, ¼ cup spring mix, and cucumber relish on a whole wheat roll and serve.

**TD&N Nutrient Analysis:** Calories: 348; Total Fat: 14 g; Saturated Fat: 4 g; Polyunsaturated Fat: 4 g; Monounsaturated Fat: 6 g; Cholesterol: 57 mg; Sodium: 1,023 mg; Carbohydrates: 29 g; Fiber: 4 g; Protein: 27 g

**CHEF HARI NAYAK** is an internationally renowned chef, restaurateur, and food writer. He's pioneered the next generation of Indian cooking with his latest cookbook, *Modern Indian Cooking*. ([www.harinarayak.com](http://www.harinarayak.com))