

[WHAT'S RIGHT FOR DINNER]

# Portobello & Beef Patty Melt

with Baked Sweet Potato Fries  
and Homemade Coleslaw



**W**hen I'm craving a burger and fries, this meal is my savior! And it is always a winner, even with starving teenage boys post soccer practice. Thankfully with just a few clever tweaks, you can turn a lean patty of ground beef into a flavorful bonanza that will truly melt in your mouth. Portobello mushrooms are the secret weapon in this recipe. They lend a rich, savory flavor and keep the patty moist and juicy. They also provide a wealth of minerals, antioxidants, and immune-boosting chemicals. You and your family will never know you are eating real health food. And because we are on such a positive nutritional roll with this meal—we use sweet potatoes instead of white potatoes for the fries. Spiced, oven-roasted sweet potato fries are brimming with potent carotenoid nutrients and healthy fiber that put the standard deep-fried white potato fries to shame. The crunchy and refreshing coleslaw is chock-full of nourishment too. Truth be told, with this open-face “burger” meal you can really get three servings of veggies at dinner!

Here is how you make this meal...

## Ingredients & Directions

### PATTY MELT

|   |                                  |
|---|----------------------------------|
| About 1 ¼ lbs extra lean ground beef      | ½ tsp kosher salt                |
| 2 large Portobello mushroom caps, chopped | ½ tsp pepper                     |
| ½ yellow onion, finely diced              | 2 cloves garlic, minced          |
| 4 tbsp bread crumbs                       | 6 slices, 100% whole grain bread |
| 1 ½ tbsp Worcestershire sauce             | 6 slices 2% milk Swiss cheese    |

Combine beef, mushrooms, yellow onion, bread crumbs, Worcestershire sauce, garlic, and pepper in a bowl and mix until just combined. Form into six large, flat patties. Over medium/high heat, cook the patties in a skillet coated with pan spray until browned on both sides and cooked through. Toast bread. Place each patty on a slice of toast, top with cheese and place in oven on broil until cheese melts (about 60 seconds).

### SWEET POTATO FRIES

|                        |                       |                       |
|------------------------|-----------------------|-----------------------|
| 4 large sweet potatoes | Kosher salt           | ½ tsp ground cinnamon |
| Extra virgin olive oil | 1 tsp powdered garlic | ½ tsp cumin           |

Wash sweet potatoes. Slice diagonally into thick wedges. Cover with a thin coating of extra virgin olive oil. Combine spices and then sprinkle over sweet potatoes. Transfer sweet potatoes in a single layer to a baking sheet. Bake at 450 until tender and golden brown (about 25 minutes). Cool before serving.

### COLESLAW

|   |                               |
|---|-------------------------------|
| 2 (10-oz) packages fresh coleslaw       | ½ tbsp Dijon mustard          |
| 4 tbsp seasoned rice wine vinegar       | 2 tbsp extra virgin olive oil |
| 2 ½ tbsp canola or olive oil mayonnaise |                               |

Put prepackaged fresh coleslaw in a shallow bowl. Whisk together vinegar, mayo, Dijon mustard, and extra virgin olive oil. Pour over coleslaw and toss.

## Dr. Ann's NOTES

- ▶ Add some healthy decadence to this burger by sautéing some thinly sliced onions and peppers and crown the patty with them. You can keep things traditional with toppings of sliced tomato and lettuce or go Tex-Mex with some salsa and sliced avocado. Be sure to use 100% whole wheat or 100% whole grain bread.
- ▶ Spice up the sweet potato fries as you like. You have so many options—they are great with cayenne pepper, chili pepper, onion powder, ground coriander, cinnamon, nutmeg, powdered ginger, dried oregano, or ground fennel. To ensure a crispy outer layer—try not to over crowd the potato slices. It can also be helpful to turn them midway through the cooking process. And don't peel the potatoes because the skins are loaded with nutrients. I love dipping my sweet potato fries in horseradish sauce—try it!
- ▶ I love the time-saving convenience of pre-packaged coleslaw. Of course, you can also chop up your own slaw from a head of cabbage, which is a less expensive alternative. When I am in my “chopping mood” (which is usually when I am stressed) I love to make this recipe with a head of red cabbage. The contrast of the purple cabbage with the orange of the fries is visually stunning. I favor the hint of sweet in the seasoned rice vinegar, but any vinegar can work with coleslaw.
- ▶ Remember, you can always substitute Greek-style plain yogurt for part or all of the mayonnaise to reduce calories and bump up the protein.



## Veggie-Up Your Patty Melt With A Tasty Side Of Broccoli

Getting The Most From

### **BROCCOLI**

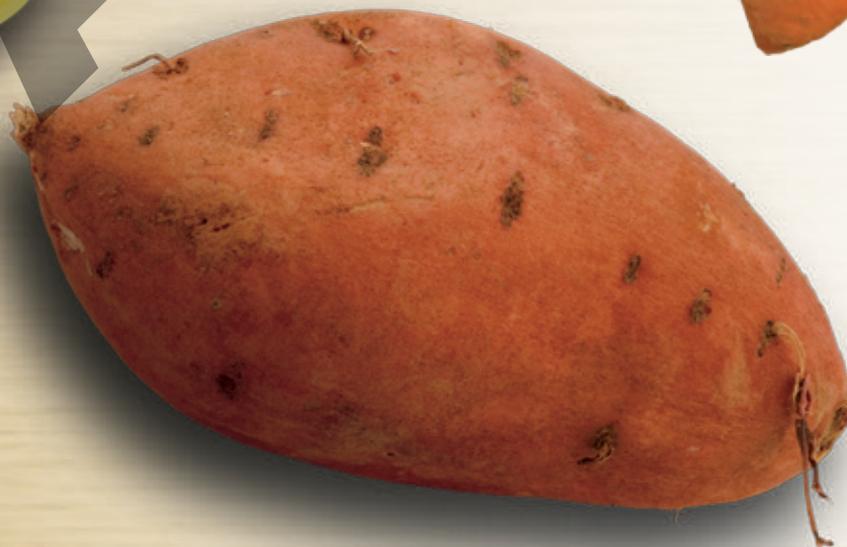
To take full advantage of broccoli's powerful cancer-fighting compound, sulforaphane, eat it raw, lightly cooked (steam two to four minutes), or pair it with some mustard, arugula, radishes, brocco sprouts or wasabi. All of these simple strategies boost the formation and absorption of the "active" form of sulforaphane. It only takes three to five weekly servings of broccoli to reap its cancer-protective benefits!

## You Want Fries With That? The Shining New Superstar Food—Sweet Potato Fries!

★ Superstar Foods:

### **SWEET POTATOES**

Savory, yet sweet—naturally low in calories, yet filling (because of their super-high fiber content)—sweet potatoes are exploding with immune-boosting, cancer-fighting goodness. They are an excellent source of vitamin C and nature's very best source of beta-carotene. One baked sweet potato provides 250% of our daily requirement for this important nutrient! Because of their fiber-rich make-up, they will not spike your blood glucose levels like regular baked potatoes.



## Protein And High-Fiber Are Only A Few Of The Many Metabolism Boosters

How To Boost

### YOUR METABOLISM

Even small amounts of excess body fat (especially if deposited in the belly) can boost your risk for several chronic diseases. Simple strategies to power up your metabolism can be very healthful. Simply stated—your metabolism is how many calories you burn for the production of energy required to keep your body functioning properly.

Whether you are trying to lose a few pounds or keep the scale steady—here are some super-easy steps for revving up your metabolism.

- 1. Have a cup of green tea.** This is the only indulgence I know of that can boost your immunity, reduce your cardiovascular risk, and bump up your metabolism all for zero calories! For best results, drink regularly and often.
- 2. Eat.** Commit to three meals a day with a mid-afternoon snack to keep ravenous hunger at bay. Believe it or not, every time you eat your metabolism jumps up a bit. Skipping meals, especially breakfast, is a known drain for your metabolism and will sabotage your weight loss efforts.
- 3. Eat your omega-3s.** Omega-3 fats play a crucial role in maintaining optimal fat-burning potential. Include oily fish (salmon, tuna, sardines), omega-3 fortified eggs, walnuts, dark leafy greens, and whole soy foods in your diet regularly.
- 4. Give your metabolic machinery an oil change.** Avoid saturated fats (fatty red meat, butter, whole dairy products) and trans fats (processed foods containing partially hydrogenated oils, shortening, stick margarine). Both tend to slow down your fat-burning engine. Choose the make-me-healthier and leaner monounsaturated fats instead (olive oil, avocados, nuts and canola oil). These fats keep your metabolic machinery operating smoothly.
- 5. Steer clear of the Great White Hazards.** This includes white flour products, white rice, white potatoes, and sugar. These foods lead to rapid surges in blood glucose that stress out and overwhelm your metabolic engine. Over time, these foods basically wear things out. They also increase your appetite, providing a real double-whammy.
- 6. Get hot!** Super-hot foods like chili peppers, hot mustards, and Tabasco® have been shown to provide a temporary burst in metabolism, along with a subtle mental lift.
- 7. Move.** Physical activity helps maintain and can even build lean body mass (muscle). The more muscle you have, the faster your metabolism. In fact, your muscles are responsible for burning about 70% of the calories that you consume.
- 8. Get your beauty rest!** Sleep deprivation revs up your appetite-stimulating hormones and leads to a sluggish metabolism. It also zaps your energy, which means you are less likely to move.

