



Take 5 for your health

3 RECIPES. 5 HEALTH FACTS.
1 QUICK READ FOR YOUR COFFEE BREAK.

You go, grill

We're all about grilled salads in alive@work online this month. But if you've got to have the burger, you've got to read this issue of *Take 5*. Say hello to **Pesto & Balsamic Beef Burgers** and **Turkey Burgers with Raspberry-Chipotle Sauce**. We've even thrown in a good-for-you dessert recipe: **Grilled Plum Crisp**.

Basically, you've got a lot of grilling ahead of you ... but don't get carried away and overstuff your grill grate with too much food at one time. This makes it less likely everything will cook evenly—plus, it's more difficult to flip items and move them around if flare-ups occur.

For more grilling tips (and other important intel), check out our *Take 5* health facts.

PESTO & BALSAMIC BEEF BURGERS

SERVES 4

In this play on Italian flavors, pesto, mozzarella and punchy greens brighten and elevate the classic beef burger. Make it even more awesome by going the extra mile and grilling the tomato slices.

Mix meat and seasonings with a light hand; overhandling can cause the beef to turn tough like jerky. When grilling burgers, only flip them once, and never press down on them (this squeezes out flavorful juices and encourages flare-ups that can lead to charring). Wash your spatula or other cooking utensil each time it comes in contact with meat that isn't fully cooked yet (for example, after flipping a burger). Finally, let burgers rest for about five minutes after cooking to help redistribute the juices.

- 1 lb (450 g) beef, preferably grass fed
- 1 tsp (5 mL) garlic powder
- 1 tsp (5 mL) onion powder
- 1/4 tsp (1 mL) salt, plus a pinch
- 1/4 tsp (1 mL) black pepper
- 4 whole grain buns, cut in half
- 2 cups (500 mL) arugula or other tender greens
- 1 1/2 Tbsp (22 mL) balsamic vinegar
- 2 tsp (10 mL) extra-virgin olive oil
- 4 Tbsp (60 mL) prepared basil pesto
- Mozzarella cheese, sliced
- 4 tomato slices

In bowl, gently mix together beef, garlic powder, onion powder, 1/4 tsp (1 mL) salt and pepper. Form into 4 equal-sized patties.

Preheat grill on high for 10 minutes and then lower to medium for cooking. Grill burgers for 4 to 5 minutes per side, or until an internal temperature of 160 F (71 C) is reached. Remove burgers from grill and place bun halves on grill; heat just until toasted, about 20 seconds.

Toss arugula together with balsamic vinegar, oil and a pinch of salt. Divide arugula among bun halves and top with burgers. Garnish burgers with pesto, slices of cheese and tomato and remaining bun halves.

EACH SERVING CONTAINS: 348 calories; 28 g protein; 23 g total fat (8 g sat. fat, 0 g trans fat); 5 g total carbohydrates (2 g sugars, 2 g fiber); 394 mg sodium





TURKEY BURGERS WITH RASPBERRY-CHIPOTLE SAUCE

SERVES 4

How to turn a turkey burger into something your backyard guests will swoon over? Spread on this smoky berry sauce that offers a sweet heat. A bit of goat cheese helps infuse the meat with creamy moisture, which is especially important if you're using lean ground turkey breast.

To keep burgers from ballooning into giant meatballs during cooking, poke the patties a few times with a skewer prior to grilling. You can also gently press your thumb into the center of each patty to form about a 1/4 in (0.6 cm) depression. Both methods help the meat expand horizontally during cooking to keep the burgers flat.

- 1 tsp (5 mL) grapeseed oil
- 1 shallot, chopped
- 2 garlic cloves, minced and divided
- 1 1/2 cups (350 mL) raspberries
- 2 tsp (10 mL) fresh thyme
- 1 tsp (5 mL) minced chipotle chili canned in adobo sauce
- 1 Tbsp (15 mL) lemon juice
- Pinch of salt, plus 1/4 tsp (1 mL)
- 1 1/2 Tbsp (22 mL) chia seeds
- 1 lb (450 g) ground turkey
- 1 carrot, shredded
- 1/3 cup (80 mL) finely chopped oil-packed sun-dried tomatoes
- 2 oz (57 g) soft goat cheese, crumbled
- 1/4 tsp (1 mL) black pepper
- 4 whole grain buns (optional)
- 2 cups (500 mL) spinach

Heat oil in medium saucepan over medium heat. Add shallot and half the minced garlic; heat for 1 minute. Add raspberries, thyme, chipotle chili, lemon juice and a pinch of salt to saucepan. Simmer until raspberries break down, about 5 minutes. Stir in chia seeds and heat for 1 minute more. Set aside to cool and thicken. Reheat if needed before serving on burgers.

Preheat grill on high for 10 minutes, and then lower to medium for cooking.

In large bowl, gently mix together turkey, carrot, sun-dried tomatoes, goat cheese, remaining minced garlic, 1/4 tsp (1 mL) salt and pepper. Form into 4 equal-sized patties. Place burgers on grill and cook for 5 to 6 minutes per side, or until an internal temperature of 165 F (74 C) is reached in each burger. Remove burgers from grill and place bun halves, if using, on grill; heat just until toasted.

Serve burgers on buns topped with Raspberry-Chipotle Sauce and spinach. If not using buns, place spinach on plates and then nestle burgers on greens and spread sauce on patties.

EACH SERVING CONTAINS: 251 calories; 32 g protein; 7 g total fat (2 g sat. fat, 0 g trans fat); 13 g total carbohydrates (3 g sugars, 5 g fiber); 309 mg sodium



GRILLED PLUM CRISP

SERVES 4

Grilling fruits concentrates and caramelizes their natural sugars, making them sweeter. You can also use apricots, nectarines or peaches. Add a dollop of Greek yogurt instead of ice cream or frozen yogurt for an even healthier dessert.

- 1 Tbsp (15 mL) coconut oil
- 1 Tbsp (15 mL) honey
- 1/2 cup (125 mL) rolled oats
- 3 Tbsp (45 mL) unsalted pumpkin seeds
- 3 Tbsp (45 mL) sliced pecans
- 1/2 tsp (2 mL) cinnamon
- Pinch of salt
- 2 large plums, sliced in half, pits removed
- 1 tsp (5 mL) grapeseed oil
- Vanilla ice cream or frozen yogurt

Heat coconut oil and honey in skillet over medium heat until melted. Add rolled oats, pumpkin seeds, pecans, cinnamon and a pinch of salt to skillet. Heat until grains are toasted, about 5 minutes, stirring frequently. Be careful not to burn the oats and nuts. Spread mixture on baking sheet or cutting board to cool.

Preheat grill to medium. Brush cut sides of plums with grapeseed oil. Place fruit on grill grate, cut sides down, and cook until grill marks appear and plums are softened, about 4 minutes.

Place plums in dessert bowls and top with oat mixture and a scoop of ice cream or yogurt.

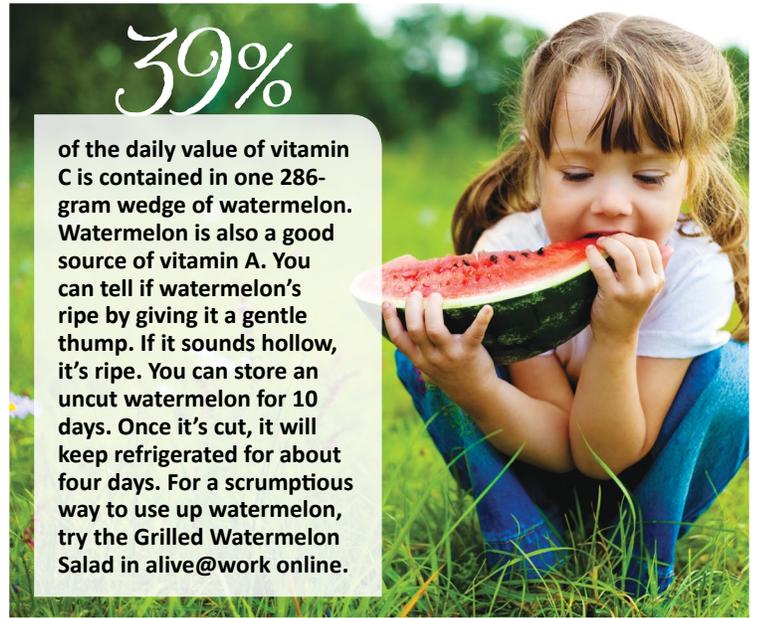
EACH SERVING (WITHOUT ICE CREAM/YOGURT)

CONTAINS: 248 calories; 5 g protein; 16 g total fat (6 g sat. fat, 0 g trans fat); 25 g total carbohydrates (15 g sugars, 3 g fiber); 28 mg sodium



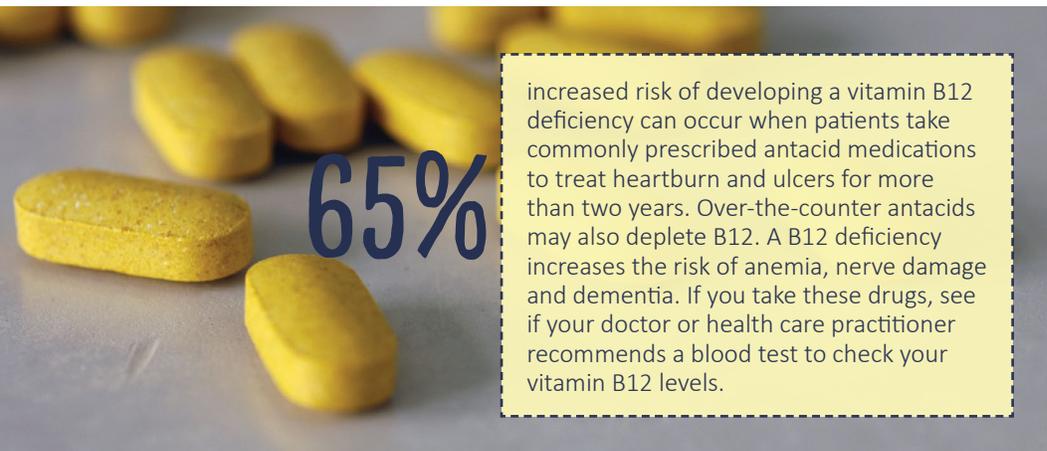
10%

of the world's forests are located in Canada. A US study found that trees save lives by removing pollution from the air and helping to prevent acute respiratory symptoms in humans. Trees remove more pollution in rural areas than in urban centers, but researchers found the health effects are much greater for urban dwellers than country dwellers.



39%

of the daily value of vitamin C is contained in one 286-gram wedge of watermelon. Watermelon is also a good source of vitamin A. You can tell if watermelon's ripe by giving it a gentle thump. If it sounds hollow, it's ripe. You can store an uncut watermelon for 10 days. Once it's cut, it will keep refrigerated for about four days. For a scrumptious way to use up watermelon, try the Grilled Watermelon Salad in alive@work online.



65%

increased risk of developing a vitamin B12 deficiency can occur when patients take commonly prescribed antacid medications to treat heartburn and ulcers for more than two years. Over-the-counter antacids may also deplete B12. A B12 deficiency increases the risk of anemia, nerve damage and dementia. If you take these drugs, see if your doctor or health care practitioner recommends a blood test to check your vitamin B12 levels.



is the internal temperature at which burgers made from red meat are safe to eat (that's 160 F). For burgers made from ground poultry, the safe internal temperature is 74 C (165 F). The best way to determine when meats are safe to eat without overcooking them is to use an instant-read thermometer that you insert into the center of a burger or cut of meat.



10 MINUTES

is how long you should preheat your barbecue for—at a minimum. Food is less likely to stick to a very hot grill grate. You can reduce the temperature after preheating. Preparing meats at lower grill temperatures helps lessen the risk of charring. Those blackened bits of meat can contain potentially carcinogenic compounds. Be sure to scrape off any charred pieces before consuming.