

Burger Madness!

On-line Cooking Demo April 29, 2020

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Plant-based veggie burgers have officially hit the big time. These days, you can find hearty, satisfying “burgers” on the menu everywhere--- so why not put them on your menu at home? Here are 6 SUPER ingredients from the burgers that Chef Nancy is cooking up today in our videos.

1. **Lentils** Brown, green, yellow, red or black — lentils are low in calories, rich in iron and folate and an excellent source of protein. They pack health-promoting polyphenols and may reduce disease risk factors.
2. **Sweet Potato** - Just one sweet potato gives you 400% of the vitamin A you need each day. They are rich in B vitamins, Vitamin C, Vitamin D, and Calcium.
3. **Spinach** - an excellent source of vitamin K, vitamin A, vitamin C and folate as well as being a good source of manganese, magnesium, iron and vitamin B2. Vitamin K is important for maintaining bone health and it is difficult to find vegetables richer in vitamin K than this green leafy veggie.
4. **Red Onion**- Most popular because of phytochemicals, which are important because they boost our immune system. They have an abundant source of flavonols, including high concentrations of quercetin. Red onion is also a rich source of vitamin K, B6, and C. Fiber from red onion helps in functioning of the digestive tract.
5. **Parsley** - Parsley is low in calories yet rich in important nutrients, such as vitamins A, K, and C. Parsley may have specific protective benefits against cancer because it contains a chemical compound called apigenin that is known to help inhibit cell growth.
6. **Napa Cabbage**- It contains many antioxidant plant compounds and is high in dietary fiber. Some scientific studies suggest consuming napa cabbage (3 cups / week) can help to protect the body from cancers and help to lower LDL levels. Napa cabbage is an incredible food to increase folic acid and Vitamin B.

