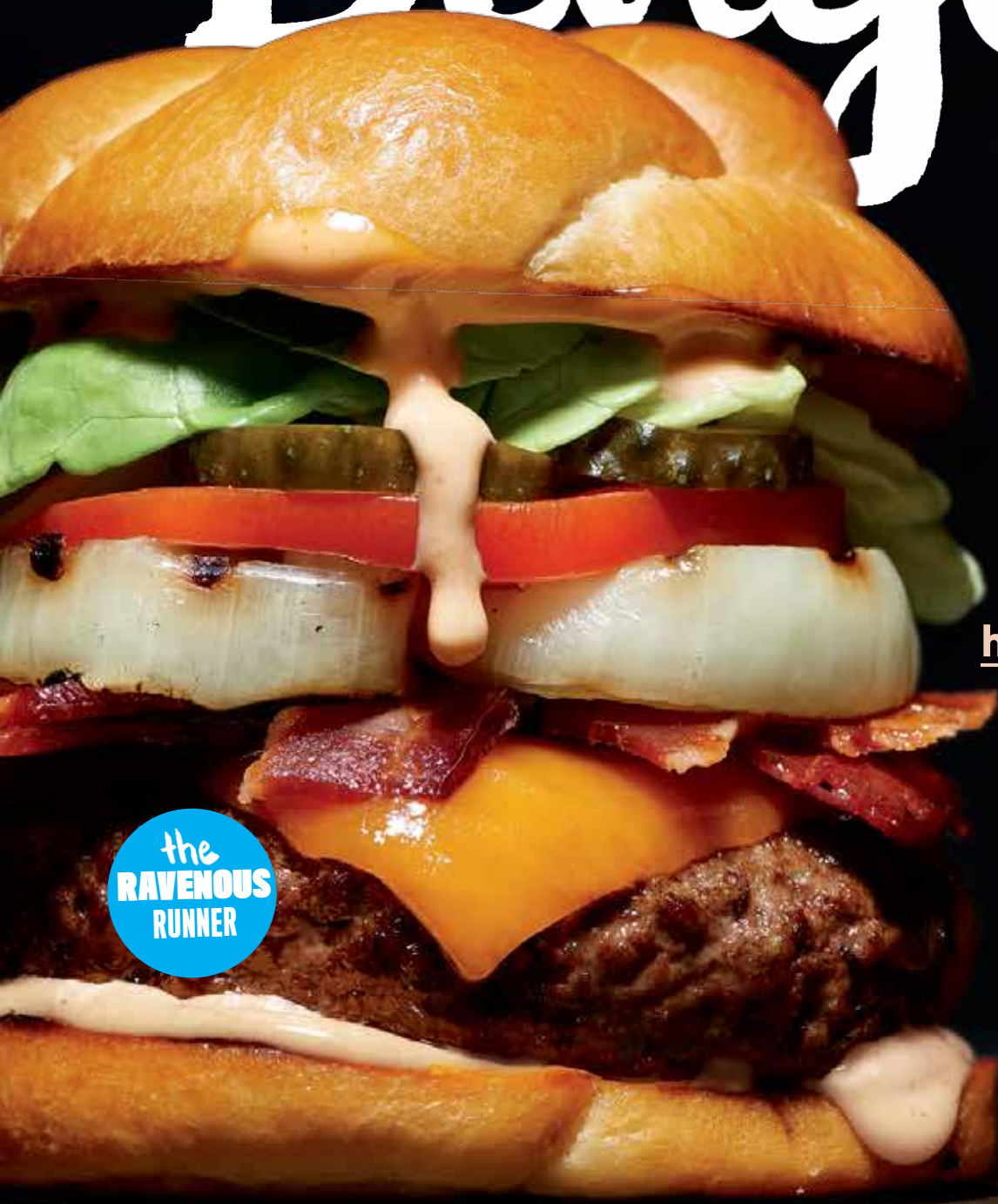


BUILD A BETTER

Burger



Seven
inventive
variations
(and 10
healthilicious
sides) for a
sensational
postrun
meal

**BY JOANNA
SAYAGO GOLUB**

**PHOTOGRAPHS BY
MITCH MANDEL**

the
**RAVENOUS
RUNNER**

1

ULTIMATE BEEF BURGERS

Makes 4
(Pictured on previous page)

- 6 slices bacon
- ¼ cup mayonnaise
- ½ Tbsp. sriracha
- ▶ canola oil, for the grill
- 4 slices (½" thick) sweet onion
- 1½ lb. ground beef chuck or sirloin
- 1 tsp. kosher salt
- ½ tsp. ground black pepper
- 4 slices (1 oz. each) sharp cheddar cheese
- 4 kaiser buns, sliced
- 16 dill pickle slices
- 4 tomato slices
- 4 leaves Boston or Bibb lettuce

Place bacon slices in a large skillet. Cook over medium, turning occasionally, until crisp, about 8 minutes. Transfer to a paper towel-lined plate to drain. Let cool slightly, then break in half.

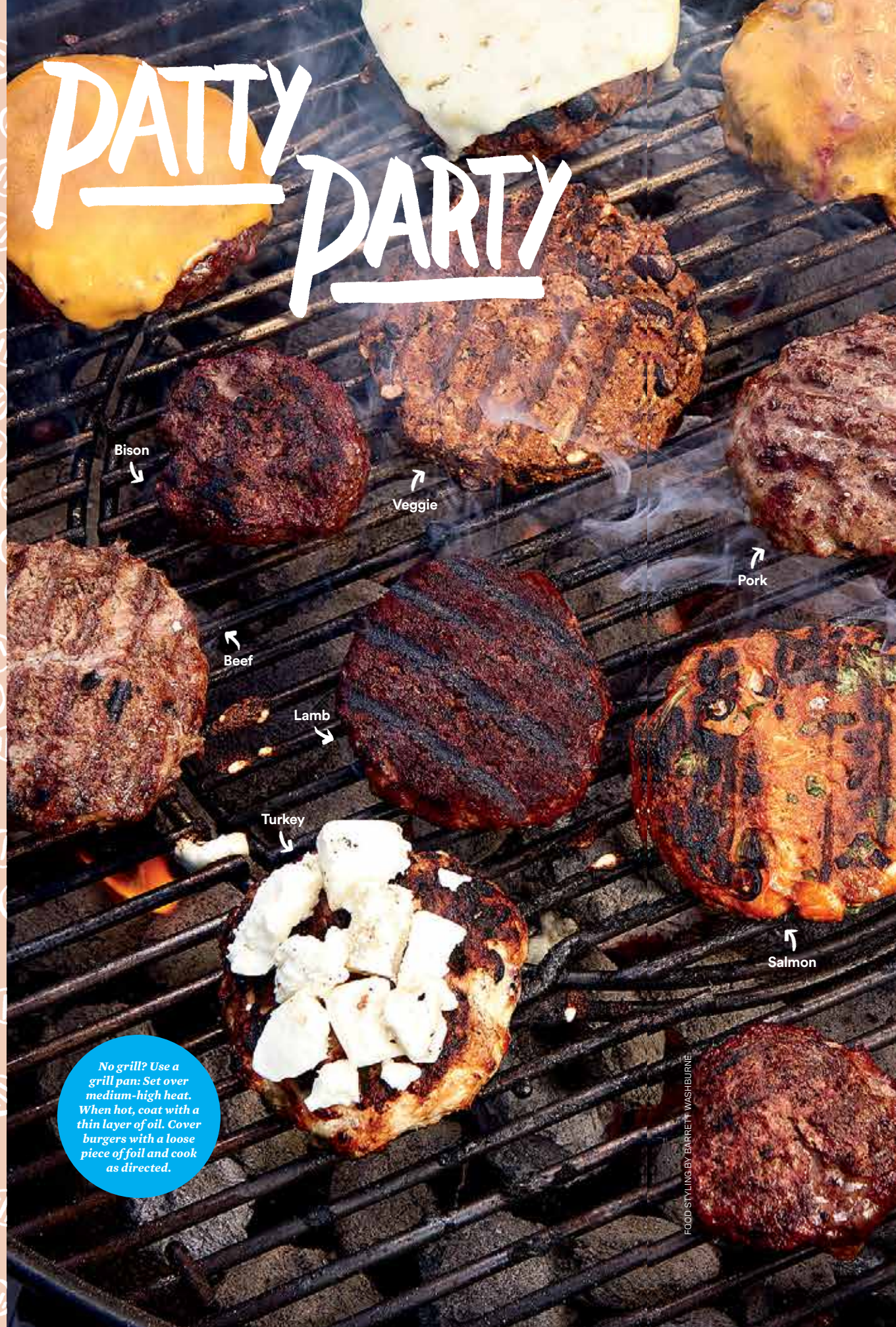
Meanwhile, in a small bowl, stir together mayonnaise and sriracha.

Prepare grill for medium-high heat. Brush grates with oil. Add onion and cook, flipping halfway through, until lightly charred, 6 minutes. Remove from grill and set aside.

While onion cooks, form beef into 4 patties, pressing an indent into the middle of each. Season outside of patties with salt and pepper. Cook on grill with lid closed until grill marks form, 6 minutes. Flip patties and top each with a slice of cheese. Cook for another 6 to 7 minutes for medium-well (or until they reach desired doneness).

Meanwhile, lightly toast buns. Spread an equal amount of sriracha-mayo on inside of each top bun. Transfer cooked patties to toasted bottom buns and top each with 3 bacon halves, 1 onion slice, 1 tomato slice, 4 pickles, and 1 lettuce leaf. Add top buns and serve.

No grill? Use a grill pan: Set over medium-high heat. When hot, coat with a thin layer of oil. Cover burgers with a loose piece of foil and cook as directed.



FOOD STYLING BY BARRETT WASHBURN

PATTY PARTY



Just how big is your burger? Dietitians recommend three to four ounces per serving; restaurants typically serve six or more ounces.

Beef Ground beef is a great source of iron, selenium, and B vitamins. Choose from cuts like 70, 80, 85, and 95 percent lean—though the leaner the meat, the less juicy and flavorful your burger. Regardless of cut, you'll get about 20 grams of protein, says Christine Rosenbloom, Ph.D., R.D.N., a board-certified sports nutrition expert. A 70 percent three-ounce serving has 20 grams of protein, 14 grams of fat, and 210 calories, compared with six grams of fat and 150 calories for 95 percent.

Bison (buffalo) A tad sweeter than beef with a slightly gamey flavor, bison is very lean with only three grams of fat per three ounces. "Nutrient-wise, it's similar to ground beef, but has a little more iron and choline," says Rosenbloom. Choline, depleted through distance running, plays a key role in muscle contraction.

Lamb Rich in protein, zinc, iron, and vitamin B₁₂, it also has five times more inflammation-reducing omega-3 fatty acids and alpha linoleic acid (ALA) than beef. Can't find packaged ground lamb? Ask the butcher for ground lamb shoulder.

Pork The other white meat is an excellent source of selenium, to help protect against oxidative stress, as well as B vitamins, essential for metaboliz-

ing carbs, protein, and fats. Ground pork doesn't always have its fat percentage labeled, but it ranges from 72 to 96 percent lean. Tenderloin is your best bet, with just seven grams of fat per three-ounce serving.

Salmon Summer is the best time for salmon: It's freshly caught from Alaskan waters and sent to markets across the country. ("Fresh" wild salmon at the fish counter in the off-season has most likely been frozen and thawed). Farm-raised Atlantic salmon and wild Alaskan varieties (like sockeye, coho, and king) are excellent sources of heart-healthy omega-3 fatty acids, but wild Alaskan salmon is leaner and higher in zinc, calcium, and endurance-boosting iron.

Turkey Three ounces of ground turkey has 22 grams of protein and just 10 grams of fat. It uses dark and light meat, which adds some fat but also more iron and zinc—two nutrients runners need for a healthy immune system. (Avoid ground turkey breast, which has almost zero fat, making for a very dry burger.)

Veggie Frozen veggie burgers are ideal for a quick meal, says Rosenbloom. But if you have time, make your own and pack them with fresh vegetables, herbs, and whole grains. Veggie burgers made with mushrooms offer the meatiest texture and flavor, while bean-based patties (like black and soy) pack plenty of protein. You can also toss in ground nuts for extra plant protein and healthy fat.



2

SPICY BLACK BEAN BURGERS

Makes 4

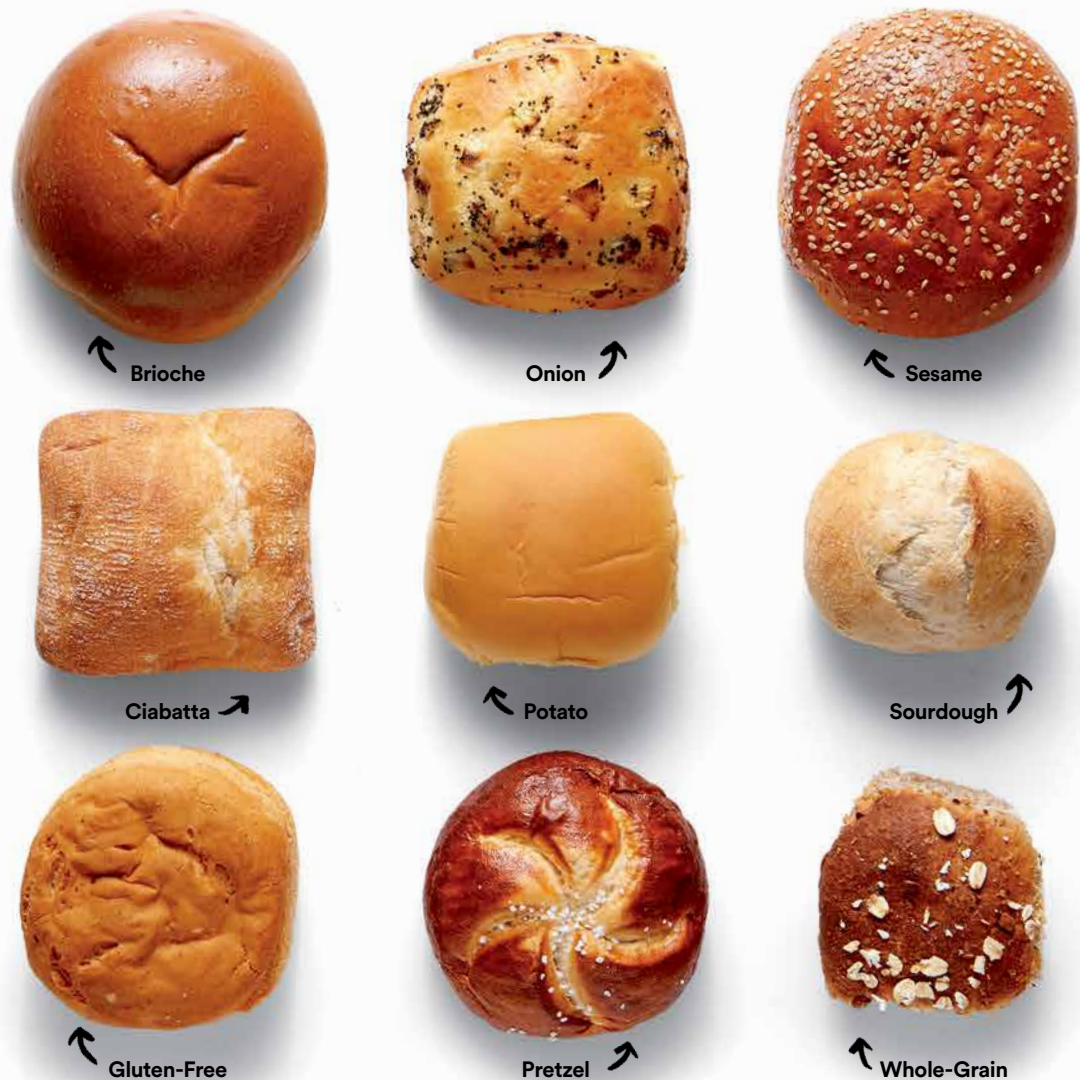
- ½ cup walnuts
- 1 small white onion, quartered
- 1 can (15.5 oz.) black beans, drained and rinsed
- ½ cup whole-wheat panko breadcrumbs
- 1 tsp. ground cumin
- 1 tsp. chili powder
- ½ tsp. smoked paprika
- ½ tsp. kosher salt
- ¼ tsp. ground black pepper
- 1 egg, lightly beaten
- 1 Tbsp. canola oil
- 4 slices pepper jack cheese
- 4 large, soft pretzel rolls, sliced
- ¼ cup olive-oil mayonnaise
- 1 tsp. hot sauce (optional)
- ½ cup sliced pimiento peppers or 2 roasted red pepper halves
- 4 romaine lettuce leaves

Place walnuts in food processor. Process for about 20 seconds, or until the nuts are like breadcrumbs. Transfer to a medium bowl.

Add onion to food processor and process until finely chopped, about 10 seconds. Add half the beans and process until they're a chunky puree, about 10 seconds. Transfer mixture to bowl of walnuts. Add remaining beans, breadcrumbs, cumin, chili powder, paprika, salt, pepper, and egg. Mix until well combined. With wet hands, form mixture into 4 patties. Chill for 1 hour.

Heat oil in a large nonstick skillet over medium-high. Add patties and cook until browned, 5 to 7 minutes. Flip, top patties with cheese, and cook 4 to 6 minutes more, covering with a lid in the last few minutes to melt cheese.

Meanwhile, lightly toast rolls. Spread ½ tsp. mayo inside each top and bottom bun. Transfer cooked patties to bottom buns. Top each patty with ¼ tsp. hot sauce, ¼ of the pimientos, and 1 lettuce leaf. Add top buns and serve.



RUNNER BUNS



Whole-grain or whole-wheat options are healthiest, but you can certainly indulge once in awhile.

Brioche A brioche bun is light and fluffy, thanks to its eggs and butter; a

four-ounce bun has 14 grams of fat. An indulgent choice? Yep. Should that stop you? Nah. Pairs perfectly with delicate patties like salmon.

Ciabatta and Kaiser Hold up well under the messiest burgers. Ciabatta will really help you carb-load, with 54 grams per 3.5 ounces. Kaiser has 34 grams.

Gluten-Free Many gluten-free brands are made with a variety of whole grains, like brown rice and sorghum.

Onion A softer bun with great texture, it's also one of the more flavorful options, thanks to its onion flecks. Goes well with a veggie burger.

Potato Made from refined flours, these lose a lot of nutrition during the refining process. Add back nutrients with fresh veggie toppings.

Pretzel These trendy buns are just like ballpark soft pretzels—great for a hit of electrolytes pre- or post-run. But they're higher in calories: 250 for three ounces.

Sesame The seeds contain copper, which works with iron to create red blood cells. A very sturdy bun.

Sourdough The fermented dough is chock-full of good bacteria, which may make this bread easier to digest.

Pair your favorite burger with a refreshing brew, but be sure to also drink water to help you rehydrate.



3

SESAME SALMON BURGERS

Makes 4

- 1 lb. skinless, boneless wild salmon
- ½ cup whole-wheat panko breadcrumbs
- ¼ cup chopped scallions
- ¼ cup chopped fresh cilantro
- 2 cloves garlic, minced
- 1 Tbsp. toasted sesame oil
- 2 Tbsp. low-sodium soy sauce
- ¼ tsp. kosher salt
- 1 Tbsp. canola oil
- 4 large sesame buns, sliced
- 1 cup spring mix
- 2 Tbsp. hoisin sauce

Cut salmon into 1" cubes. Place half of the fish into a food processor. Process until evenly pureed, about 15 seconds, stopping to scrape down the sides of the bowl as needed. Add remaining salmon and pulse until just combined and large chunks are broken up. Transfer mixture to a large bowl. Stir in breadcrumbs, scallions, cilantro, garlic, sesame oil, soy sauce, and salt. Using wet hands, form mixture into 4 patties.

Heat canola oil in a large nonstick skillet over medium heat. Add patties and cook for 5 minutes. Gently flip and cook 5 minutes more.

Meanwhile, lightly toast buns. Transfer patties to bottom buns and top each with ¼ cup spring mix. Brush hoisin sauce on top buns. Close and serve.



These delicious sides are healthy alternatives to fries.

Baked Beans This classic is loaded with protein, fiber, and iron, but also high in sugar. Scoop just a ¼ cup serving.

Coleslaw Keep calories in check with a vinegar-based dressing. Toss in jicama for vitamin C, potassium, and unique texture and flavor.

Grilled Corn This summer favorite provides B vitamins and iron. Peel back (but don't rip off) corn husks. Remove silky strands. Close husks. Soak in water for 15 minutes. Grill until kernels are tender and slightly charred.

Grilled Pineapple Packed with juicy sweetness and vitamin C.

Pickled Vegetables Soak veggies, like cucumbers, radishes, cherry tomatoes, carrots, and green beans, in a brine made of vinegar, water, salt, and your favorite herbs and spices for two days.

Potato Salad Slice red-skinned potatoes in half and boil until tender. While still warm, toss with ½ cup extra-virgin olive oil, ¼ cup white wine vinegar, 1 tsp. Dijon mustard, ¼ tsp. salt, and ¼ tsp. ground black pepper. Sprinkle with fresh chopped chives.

Tomato Salad Mix fresh tomatoes with fresh basil, garlic, and extra-virgin olive oil.

Upgraded "Fries" Toss sweet potato wedges in olive oil and salt. Cook on grill or roast until caramelized and crisp.

Veggie Kebabs Thread a mix of veggies (bell peppers, onions, mushrooms) through two skewers, brush with olive oil, and grill for 10 minutes.

Watermelon Salad Toss cubes of potassium-rich watermelon with feta cheese, chopped mint, and a squeeze of lime juice.



SIDE SHOW

4

DOUBLE ONION BISON SLIDERS

Makes 8 (2 sliders per serving)

- 1 lb. ground bison
- ½ tsp. kosher salt, divided
- ½ tsp. ground black pepper
- 1 Tbsp. canola oil
- 1 cup finely chopped onion
- 1 cup finely chopped red bell pepper
- 4 oz. smoked mozzarella, shredded
- 8 slider-size potato rolls (about 2 ½" diameter), sliced
- 8 tsp. steak sauce
- 8 tsp. relish
- ¼ cup French-fried onions

Divide bison into 8 equal portions and form into 8 patties 3" in diameter. Evenly sprinkle both sides of patties with ¼ tsp. of salt and all of the pepper. Set patties aside.

In a large cast-iron or heavy-bottom skillet, heat oil over medium heat. Add onion, bell pepper, and remaining ¼ tsp. salt. Cook, stirring occasionally, until vegetables are softened and onion is translucent, about 10 minutes. Scrape vegetables into a bowl and cover to keep warm.

Return skillet to stove over medium heat. Place 4 patties in skillet. Let patties cook until browned, 3 minutes. Flip and immediately top each patty with 1 Tbsp. cheese. Cover with lid and continue to cook until cheese has melted and patties are well done, about 3 minutes more.

Meanwhile, wrap 4 rolls in a damp paper towel and microwave on high for 30 seconds, or until warmed through.

Transfer cooked patties to bottom rolls. Add 1 tsp. steak sauce, 1 Tbsp. of cooked onion and pepper mixture, 1 tsp. relish, and 1 Tbsp. French-fried onions to each. Add top rolls and serve.



5

LAMB BURGERS WITH TZATZIKI

Makes 4

Tzatziki Sauce

- 1/2 seedless cucumber, peeled and grated
- 1/2 tsp. kosher salt
- 1/2 cup 2% Greek yogurt
- 1 Tbsp. chopped fresh dill
- 1 Tbsp. chopped fresh mint
- 1 clove garlic, crushed in a garlic press
- 1 1/2 tsp. lemon juice

Put grated cucumber in a sieve placed over a bowl and sprinkle with salt. Toss gently to combine. Let sit for 30 minutes. Squeeze to remove as much water as possible. Transfer to a medium bowl. Add yogurt, dill, mint, garlic, and lemon juice. Stir well to combine. Cover and chill in the refrigerator until ready to use.

Burger

- 1 1/2 lb. ground lamb
- 1/2 tsp. kosher salt
- 1/2 tsp. ground cumin
- 1/4 tsp. ground cinnamon
- 1/4 tsp. ground black pepper
- ▶ canola oil, for the grill
- 4 ciabatta buns, sliced
- 4 thick tomato slices
- 4 thin red onion slices
- 1 cup fresh baby spinach

Prepare grill for medium-high heat. In a large bowl, add lamb, salt, cumin, cinnamon, and pepper. Using your hands, gently mix until spices are combined. Shape into 4 patties, pressing an indent into the middle of each. Brush grill grates with oil. Cook patties on grill, with lid closed, until grill marks form, 6 minutes. Flip patties and cook for another 6 to 7 minutes for medium-well (or until they reach desired doneness).

Meanwhile, lightly toast buns. Transfer patties to toasted bottom buns. Top each with 2 Tbsp. of tzatziki sauce, tomato slice, onion slice, and 1/4 cup spinach. Add top buns and serve.



Runnersworld.com columnist Pamela Nisevich Bede, R.D., C.S.S.D., explains benefits, from most healthy (salsa) to least (fat-free dressing).

COVER the SPREAD



Salsa

Tomato-based salsa is high in cancer-fighting lycopene and low in calories, but avoid brands with added sugar.



Sauerkraut

Fermented foods are rich in probiotics to promote gut health.



Guacamole

With a base of avocados, this crowd favorite is high in heart-healthy fats and fiber.



Hummus

A two-tablespoon serving adds a couple grams of protein and fiber—and just 50 calories.



Pesto

Basil is high in antioxidants, and olive oil and garlic are good for your heart.



Horseradish

This spicy spread contains 10 times more cancer-fighting glucosinolates than its cousin broccoli.



Tzatziki

This yogurt-cucumber sauce adds creamy flavor for just 40 calories per two-tablespoon serving.



Hot Sauce

A few dashes contains very few calories, and research shows the spice may reduce your appetite, so you don't nibble on extra fries.



Mustard

Rich in trace minerals, it also adds plenty of flavor for very few calories. To cut back on sodium, use just a little dab.



Peanut Butter

A good source of vitamin E, some B vitamins, and manganese for bone health. High in fat and calories, so smear accordingly.



Buffalo Sauce

Made mostly of vinegar and hot peppers, a one-tablespoon serving of most brands is often calorie-free.



Steak Sauce

Check the ingredients and choose ones made with vinegar, mustard, herbs, and spices, and little to no sugar.



Ketchup

Studies show that organic ketchup contains up to three times more cancer-fighting lycopene than non-organic varieties.



Barbecue Sauce

Sure, it tastes great, but most brands are high in added sugar. Spread just a little for flavor and enjoy!



Relish

Choose dill over sweet to cut calories and sugar, but spread conservatively. Dill relish is high in sodium.



Mayo

Traditional mayos have long shelf lives because of their cheap oils, preservatives, and thickeners. Choose small-batch or organic.



Ranch, Caesar, and Russian Dressing

Use sparingly: They're high in calories without much quality nutrition.



Fat-Free Dressings

Made without oils, these condiments may be lower in calories, but they're high in added sugar like corn syrup.

6

BUKOWSKI'S PEANUT BUTTER BACON BURGER

Makes 4

- 12 strips applewood smoke bacon
- 1 Tbsp. canola oil
- 1 1/2 lb. 80% lean ground beef
- 4 Tbsp. creamy or chunky peanut butter
- 4 potato rolls, sliced
- 4 tomato slices
- 8 dill pickle coins
- 4 red leaf lettuce leaves

Heat oven to 350°F. Place bacon on a baking sheet and cook for about 25 minutes, flipping once halfway through, or until crisp. Remove to paper towels to drain and set aside.

Meanwhile, heat oil in a cast-iron or heavy-bottom skillet over medium-high heat. Form beef into 4 patties. When skillet is hot, add patties and cook until the undersides develop a nice char, about 4 minutes. Flip and cook to

desired doneness, about 3 to 4 minutes more for medium. Transfer patties to a plate and top each with 1 Tbsp. peanut butter. Remove skillet from heat and add rolls with insides down to toast them, working in batches, if needed.

Place patties on the bottom buns. Top each with 3 strips of bacon, 1 tomato slice, 2 pickles, and 1 lettuce leaf. Add top buns and serve.



Every April when the *Runner's World* editors head up to the Boston Marathon, they stop by Bukowski Tavern for Editor-in-Chief David Willey's favorite burger. "It has a cult following among runners," says tavern owner Suzi Samowski, a pal of Willey's who will run the Falmouth Road Race next month. Try the recipe at home or head to 50 Dalton Street, Boston, for the real deal (cash only, ages 21 and up).

TAVERN PHOTOGRAPH COURTESY OF BUKOWSKI TAVERN

I CAN HAS CHEEZBURGER?

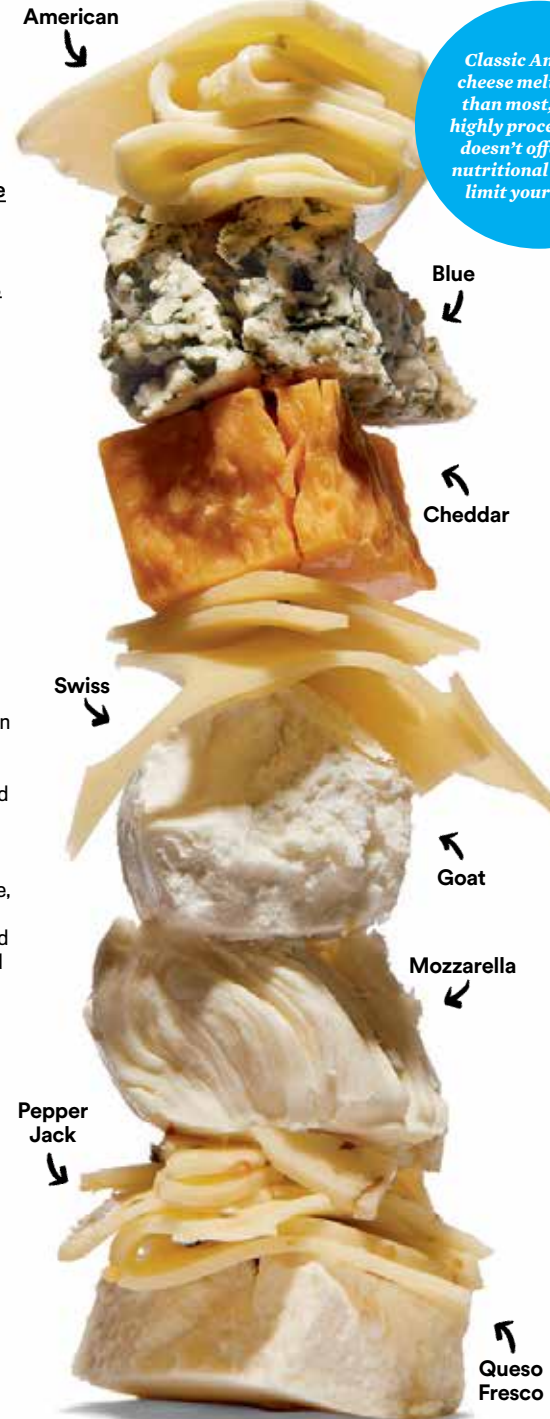


Yes! While cheese can be high in fat and calories, it's also a good source of protein, calcium, and phosphorous for healthy bones, says Heather Mangieri, R.D.N., spokesperson for the Academy of Nutrition and Dietetics and author of *Fueling Young Athletes*.

Blue Thanks to its funky, intense flavor, less than an ounce should do the trick, but blue cheese is fairly high in sodium—16 percent of your daily needs. Pair with caramelized onions or go classic with hot sauce.

Cheddar Per ounce, it packs 115 calories, nine grams of fat, and five grams saturated fat. But full-fat dairy still trumps fat-free, which tends to be more processed.

Swiss This holey cheese has a lot going for it: A one-ounce slice packs eight grams of protein (more than most cheeses), 30 percent of your calcium needs, and almost no sodium. Pairs well with a mushroom-based veggie burger.



Classic American cheese melts better than most, but it's highly processed and doesn't offer much nutritional value, so limit your intake.

Goat This may be a good option for those with a cow's-milk allergy, thanks to its protein makeup. It also has just 75 calories per ounce.

Mozzarella Fresh mozzarella is naturally lower in calories and fat, with just 70 calories and five grams of fat per ounce. For a better melting cheese, try low-moisture part-skim mozzarella.

Pepper Jack Capsaicin, the compound that gives peppers their punch, has been shown to curb appetite and boost metabolism.

Queso Fresco and Feta These Mexican and Greek cheeses are low in calories (75 to 90 per ounce) and high in sodium, to help replenish your electrolytes after a long summer run. "And because of their savory and salty flavors, you don't need to use as much," says Mangieri. The crumbly texture allows the cheese to soften when heated but it does not melt completely.

ELITES AND THEIR FAVORITE BURGERS



Nick Arciniaga, 33
2:11 marathoner
"I crave burgers all the time. But I limit myself to about once a week."

HIS ORDER "A thick, one-pound beef patty, medium-rare on a Hawaiian bun, with blue cheese, bacon, sweet barbecue sauce, fried egg, and onion rings."



Desi Linden, 33
2:22 marathoner
"A burger and a beer is a match made in heaven. It would be wrong to break that up."

HER ORDER "Brioche bun, beef patty, medium, cheddar or pepper jack cheese, grilled mushrooms, lettuce, tomato, and jalapeños. Okay, okay, and maybe bacon. Ketchup only."



Rob Krar, 40
winner 2014, 2015 Western States 100-Mile Endurance Run
"I don't really eat meat, but I do enjoy a veggie burger."

HIS ORDER "Condiments make a burger: a crusty bun with hatch green chilies, chipotle mayo, cheddar, and homemade pickles."

TOPPED OFF



What goes on your patty can be a low-calorie way to add nutrients to your otherwise indulgent burger. Get fancy with these runner-friendly combos.



Heirloom Tomato + Olive Tapenade
Combining tomatoes and olive oil increases the antioxidant activity of tomatoes. Made from finely chopped, oil-rich olives, tapenade adds a salty, briney flavor.



Mango + Jalapeños This sweet-and-spicy combo is loaded with vitamin C, which may improve oxygen delivery during exercise.



Collard Greens + Mushrooms
Swap out lettuce for sauteed calcium-rich collard greens and sauteed mushrooms—look for mushroom brands cultivated with vitamin D, which boosts absorption of calcium.



Broccoli Sprouts + Sun-Dried Tomatoes
A study in the journal *Cancer Research* found that when eaten together, broccoli and tomatoes led to a larger decrease in tumor growth than when eaten separately.



Grilled Pineapple + Scallions
Pineapple has bromelain, which helps reduce injury-related inflammation, and enzymes in scallions produce a compound that has antiviral and antimicrobial properties.



Bean Chili + Sweet Bell Pepper
Boost the absorption of iron, found in beans, with the vitamin C found in bell pepper.



Roasted Sweet Potato "Fries" + Avocado
Sweet potatoes are rich in carotenoids—which help maintain healthy skin, bones, and immune function—but you need to eat them with fat (like from an avocado) to absorb the nutrients.



Grilled Eggplant + Fresh Mint
In Middle Eastern dishes, eggplant, high in inflammation-reducing anthocyanins, is often paired with mint, which can calm GI troubles.



Cucumber + Pimientos
For just six calories, add a few slices of crisp, hydrating cucumbers and an ounce of flavor-packed pimiento peppers.



Fried Egg + Baby Spinach
Protect your muscles with the protein found in eggs, and your bones with the vitamin K found in leafy greens.



7

CHIPOTLE CHILI TURKEY BURGERS

Makes 4

- 1½ lb. ground turkey (not ground turkey breast)
- 3 canned chipotle chili peppers in adobo sauce, chopped
- ½ cup finely chopped white onion (about ½ medium onion)
- 2 cloves garlic, minced
- ½ tsp. kosher salt
- ▶ canola oil, for the grill
- ½ cup crumbled queso fresco
- 4 whole-grain buns, sliced
- 1 avocado, mashed
- ½ cup fresh pico de gallo
- 4 leaves Boston or Bibb lettuce

Prepare grill for medium-high heat. In a large bowl, add turkey, peppers, onion, garlic, and salt. Use a fork to gently mix until thoroughly combined. Using wet hands, form mixture into 4 patties, pressing an indent into the middle of each.

Brush grill grates with oil. Cook patties on grill, with lid closed, until grill marks form, 5 minutes. Flip and top each patty with 2 Tbsp. queso fresco. Close lid and cook until burgers reach an internal temperature of 165°F, about 5 minutes more.

Meanwhile, lightly toast buns. Spread ¼ of the avocado on the inside of each top bun. Transfer patties to bottom buns. Top each patty with 2 Tbsp. pico de gallo and 1 lettuce leaf. Add top buns and serve. 🍴