

BEST IN FOOD

 Healthexpert

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## STEAL THIS DISH

### Chicken Burgers With Guacamole, Cheddar, and Charred Tomatoes

Fire up the grill for this healthy spin on a gourmet burger, adapted from Food Network star Robin Miller's new book, *Robin Rescues Dinner* (Clarkson Potter/Publishers 2009).

Mix **1 pound ground chicken**, **3 tablespoons each chopped fresh cilantro and seasoned dry breadcrumbs**, **1 teaspoon salt**, and **½ teaspoon pepper**. Form into 4 (1-inch-thick) patties. Coat grill with cooking spray. Grill patties and **2 tomatoes**, halved, flesh-side down, over medium-high heat 6 minutes, turning, until burgers are cooked through and tomatoes are charred. Top with **½ cup shredded reduced-fat Cheddar**; let melt. Serve on buns with chopped tomatoes and guacamole. (For Robin's guac recipe, see [Health.com/guac](http://Health.com/guac).)

CALORIES 322; FAT 8 G (SAT 1 G, MONO 3 G, POLY 2 G); CHOLESTEROL 47 MG; PROTEIN 36 G; CARBOHYDRATE 31 G; SUGARS 7 G; FIBER 6 G; IRON 3 MG; SODIUM 665 MG; CALCIUM 105 MG

**Toss with ease** It can be tough to pick up delicate salad greens with long salad tongs. But these sturdy **Salad Hands** (\$10; [www.surlatable.com](http://www.surlatable.com)) from Dexas make it easy to grip and toss together romaine, spinach, and baby lettuces—plus fruit salads and even pasta.



### WHAT CAN I MAKE FROM...

**TOMATOES + ZUCCHINI + CORN + PANKO (JAPANESE BREADCRUMBS) + PARMESAN CHEESE =**

### Tomato-Zucchini Bake

This super-quick-and-easy side or main dish puts leftover summer veggies to great use.

Preheat oven to 400°. Coat a 2-quart shallow baking dish with cooking spray, and alternately layer **1 pound sliced zucchini**, **1½ cups fresh or frozen corn kernels**, and **1¼ pounds sliced vine-ripened tomatoes**. Combine **½ cup panko** and **¼ cup finely grated Parmesan**, and sprinkle on top. Bake, uncovered, in the center of oven 30 minutes or until top is golden brown. Cover with foil, and bake for 10 minutes more or until vegetables are tender. Serve immediately.



### Food Q&A

**Q: What's the best way to freeze extra summer berries?**

**A: THE TRICK:** Make sure they're dry. After you've rinsed them and removed the stems and hulls, shake berries on a paper towel-lined, rimmed baking sheet until they're completely dry. Next, spread in a single layer on a dry, rimmed baking sheet and freeze for about an hour. Remove from the freezer, transfer into plastic bags, removing any excess air, and store in the freezer up to 6 months.

Top left photo: Ben Fink, taken from *Robin Rescues Dinner* © 2009 by Robin Miller. Published by Clarkson Potter/Publishers. Product photo: Quentin Bacon. Bottom photo: Quentin Bacon. Food styling: Alison Attenborough. Prop styling: Dani Fisher