

# BUILD YOUR OWN BURGER

Nothing says summer like burgers on the grill. Follow these steps to build a delicious (*and nutritious*) burger!



Photo by [pablomerchanm](#) on [Unsplash](#).

## STEP 1: Begin with a bun.

TIP: If a big fluffy bun is “worth it” for your best burger experience, then go for it!

If it’s not, opt for a bun alternative.

- [Lettuce wrap](#)
- Sandwich thin
- [Sliced sweet potato “bun”](#)
- [Whole wheat bun](#)

## STEP 2: Pick a patty.

TIP: Both meat and bean burgers taste better when they are made from scratch. They are usually healthier too.

- [Beef](#)
- [Black bean](#)
- [Turkey](#)

## STEP 3: Pile on the produce.

TIP: Get creative and aim to include at least three different veggies/fruit.

- Classic Combo = *tomato + lettuce + onion*
- Cool & Spicy = *pineapple + jalapenos + shredded cabbage*
- Green Goddess = *thinly sliced cucumbers + spinach + basil*
- Veg-tastic = *grilled eggplant + sautéed mushrooms + arugula*

## STEP 4: Finish with fun flavor.

TIP: Think outside the bun. Try something new to add flavor and fun to your burger!

- Guacamole
- Hummus
- Pickles
- Salsa
- Sauerkraut
- Spicy mustard

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