

# Healthy Twists on American Summer Favorites



There's nothing more American than apple pie for a summer cookout—except maybe hot dogs, cheeseburgers, and potato salad. Nothing says summer like a backyard barbeque, especially when you don't have to compromise flavor to keep health and nutrition in mind. Here are some healthy twists on your favorite summer meals.

## **Apple pie**

While this American classic is slightly better than most, given the presence of fruit, there are some tricks you can utilize to cut down on the sugar and boost the nutrients. One mouth-watering take on this recipe is to make a crust of blended oats, walnuts, maple syrup, and salt. You can even add dates, lemon juice, or orange juice for a light, fruity desert.

## **Cheeseburgers**

Cheeseburgers are certainly delicious, but they contain lots of unhealthy fats. Luckily, there are several healthier alternatives such as turkey burgers which contain high quantities of zinc for boosting your immune system, as well as niacin, which may reduce your risk for Alzheimer's. As a bonus, turkey is a low-fat source of high protein and tastes just as good as a beef patty.

Veggie burgers are a great source of fiber, calcium, iron, magnesium, and niacin. Another option is black bean burgers which are packed with fiber, vitamins, and minerals, but are much lower in fat and cholesterol than a traditional ground beef burger.

## **Hot dogs**

Chicken hot dogs are leaner than all-beef or beef and turkey hot dogs, making them lower in fat and sodium. Pair your chicken dog with a whole-wheat bun for a healthier alternative that's just as fun and messy to eat.

## **Potato salad**

This staple of picnics and cookouts can be unhealthy when made with lots of mayonnaise. One way to mix things up is to replace the mayonnaise with low fat Greek yogurt. You could also try cooked cauliflower instead of potatoes. If you don't feel ready to make these changes yet, try a canola or olive oiled based mayonnaise, which are higher in heart-healthy monounsaturated fats.

## **Potato chips**

When it comes to choosing potato chips, try baked chips instead of the traditional fried varieties. A serving of regular potato chips contains about 10.32 grams of fat, of which 1.13 grams are saturated. A corresponding serving of baked potato chips contains about 6.19 grams of fat, of which less than 1 gram is saturated.



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