

Cain's Corner

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Nutrition Tips from USAPEEC's
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duck burgers

If you haven't yet jumped on the duck train, what are you waiting for?! While duck meat is considered poultry, it cooks and eats like red meat – with less calories and just as much flavor! Duck has notable nutrition properties, too. Ground duck breast meat is very lean as all of the fat is in the skin. Duck is also high in iron, niacin, and selenium – essential for metabolism and DNA repair.*

duck burgers

Season 16 oz. ground duck breast (87% lean) with salt, spices of your liking, and pepper. Shape into three to four patties. Cook over medium heat until an internal temperature of 165 degrees F is reached. Warm brioche buns and serve with your favorite burger fixings. Fresh greens like spinach or arugula supply extra vitamins and minerals. "Quick pickled" radish also adds a delicious, tangy antioxidant crunch to your burgers – just add sliced radish, salt, pepper, red pepper flakes, sugar, red wine vinegar and water to a Mason jar and let sit at least 30 minutes.

*Source: Maple Leaf Farms

