



Swiss Diamond®
SWISS MADE + DIAMOND REINFORCED COOKWARE

BEST BURGERS

RECIPE BOOK

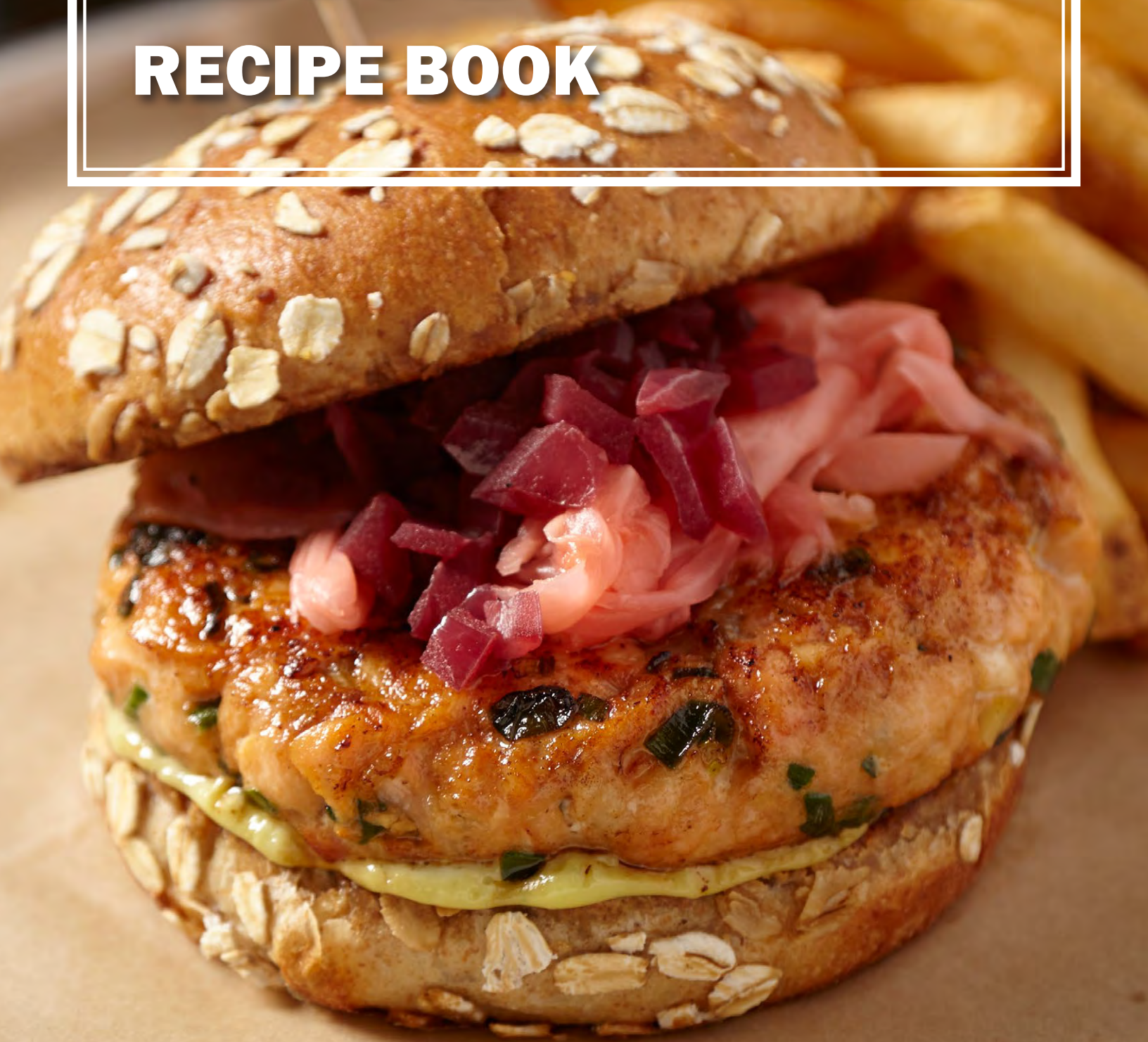


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Lamb Burger with Baby Arugula, p. 3

Juicy Lucy Cheeseburgers

Pamela Braun

Prep Time: 30 minutes

Rest Time: 2 hours + 10 minutes

Cook Time: 6 minutes

Yield: 4 servings

INGREDIENTS

- 1 lb lean ground beef, 93/7
- 1 lb ground pork (see note)
- 1 large egg
- 1 packet burger seasoning
- 1 teaspoon chipotle powder
- 8 oz shredded sharp cheddar cheese
- 1/4 - 1/2 cup jalapeños

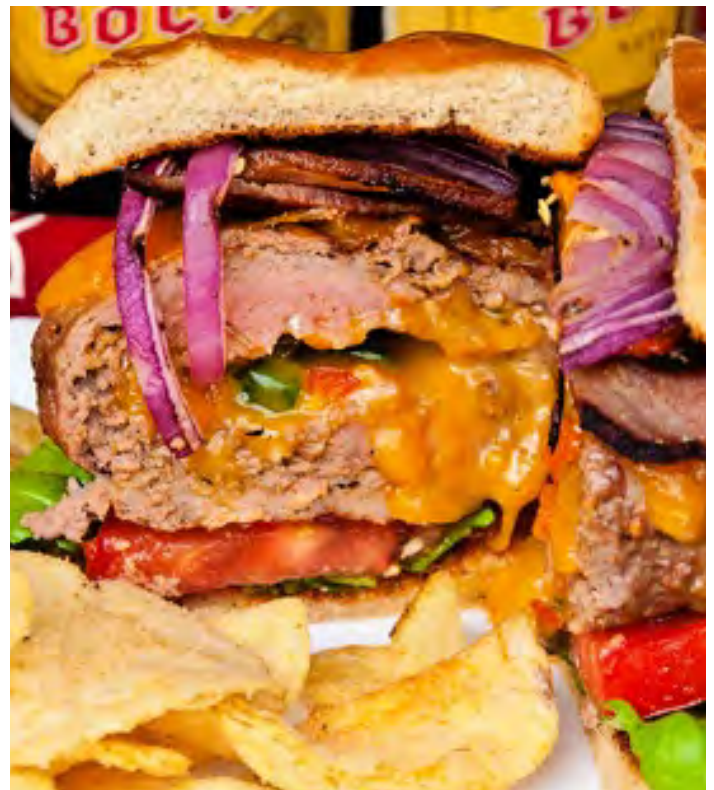
TOPPINGS

- 4 oz sliced sharp cheddar cheese
- 4 - 8 slices of bacon, cooked
- 4 - 8 fire-roasted jalapeños (see note)
- Sliced red onion
- Sliced tomato
- Leaf lettuce
- 4 hamburger buns, toasted

INSTRUCTIONS

1. Combine the meats, egg, burger seasoning and chipotle in a large bowl and thoroughly mix with your hands. Don't mix it too much or too hard, to avoid toughening the meat.
2. Cover the mixture and refrigerate for 2+ hours.
3. After the mixture has chilled, then wash, core and dice the jalapeños. Combine the shredded cheddar cheese with the diced peppers.
4. Separate the meat into 8 equal portions (approx. 1/4 pound each). Form into 8 patties.
5. Make a well in the center of 4 of the patties. Spoon the cheese and pepper mixture into each of the wells. (You may not end up using it all.)
6. Preheat a **Swiss Diamond 12.5" fry pan** over medium-high heat.
7. Take the 4 remaining patties and place one on top of each patty holding the cheese. Make sure to seal the edges and that the patties don't have any cracks in them, or your cheese will ooze out during cooking.

8. Cook over medium-high heat for two minutes per side to sear, then reduce heat to medium-low and cook to desired doneness. During the last minute of cook time, top each of the patties with sliced cheese. **Cover the pan** to help melt the cheese, if needed.
9. Remove the hamburgers from the pan and let rest on a cutting board for 10 minutes. (This lets all the juices re-distribute and stay in the burger when you bite into it!)
10. Serve on toasted hamburger buns with lettuce, tomato, bacon, roasted jalapeños and red onion.



NOTES:

If you can't find ground pork, the butcher counter at your local grocery store can usually grind it for you!

To flame roast the jalapeños, place on a baking sheet lined with parchment paper. Roast under the broiler until skin is blackened. Transfer to a glass bowl, cover with plastic wrap, and allow to steam until skin is loose. Remove skin, split them and top your hamburger.

PHOTO AND RECIPE CREDIT

Pamela Braun is a recipe developer and the voice behind the blog **MyMansBelly.com**.

Lamb Burger with Baby Arugula and Feta Cheese

Chef Zov Karamardian



Prep Time: 30 minutes

Rest Time: 30 minutes + 10 minutes

Cook Time: 6 minutes

Yield: 8 servings

INGREDIENTS: BURGERS

- 1 lb ground lamb (see note)
- 1 lb ground pork (see note)
- 1 medium onion
- 2 tablespoons Aleppo pepper flakes (see note)
- 1 tablespoon Dijon mustard
- 1 tablespoon dried oregano
- 1 tablespoon granulated garlic
- 1 tablespoon tomato paste
- 2 teaspoons ground cumin
- 1 teaspoon freshly ground black pepper
- 1 teaspoon ground coriander
- 1 teaspoon kosher salt
- 1 teaspoon seasoned salt
- 1 tablespoon olive oil

INGREDIENTS: CHILE-LIME CHIPOTLE SAUCE

- 1/2 cup low-fat mayonnaise
- 1/2 cup sour cream
- 1/4 cup plain Greek yogurt
- 2 tablespoons creamed horseradish
- 2 tablespoons fresh lime juice
- 2 tablespoons red pepper paste
- 1 tablespoon chipotle chiles in adobo sauce, minced, plus 1 teaspoon adobo sauce

- 1 teaspoon dried oregano
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon kosher salt

TOPPINGS

- 8 hamburger buns, split
- 3 cups (lightly packed) baby arugula leaves
- 1 cup crumbled feta cheese
- 1 cup sun-dried tomatoes packed in oil
- 1/2 cup thinly sliced red onion

INSTRUCTIONS

1. Whisk all the ingredients for the Chile-Lime Chipotle Sauce in a medium bowl until blended. Refrigerate until ready to serve.
2. Peel and finely grate the onion. Mix with all the other burger ingredients in a large bowl.
3. Form the mixture into eight 1-inch-thick patties. Place the patties on a baking sheet or **Swiss Diamond double-burner griddle**, then cover and refrigerate for 30 minutes.
4. After the patties have chilled, preheat a **Swiss Diamond grill pan** over medium-high heat.
5. Cook for two minutes per side to sear, then reduce heat to medium-low and cook to desired doneness.
6. For the topping, drain the sun-dried tomatoes and coarsely chop. Toss with the arugula, feta cheese, and red onions in a small bowl.
7. Remove the hamburgers from the grill pan and let rest on a cutting board for 10 minutes.
8. Serve on toasted hamburger buns with the arugula mixture and Chile-Lime Chipotle Sauce.

NOTES:

If you can't find ground lamb or pork, the butcher at your local grocery store can usually grind it for you!

Aleppo is a Turkish crushed chili. It is similar to an ancho chili in flavor, with a little more heat. If not available, red pepper flakes may be substituted.

PHOTO AND RECIPE CREDIT

Best-selling cookbook author and renowned chef Zov Karamardian is the owner of 5 restaurants in Orange County, Calif. that bear her name. She has also authored 2 best-selling cookbooks, "Simply Zov" and "Zov: Recipes and Memories From the Heart."

Memphis BBQ Jerk Burger

Three Jerks Jerky

Prep Time: 10 minutes

Cook Time: 10 minutes

Yield: 8 servings

INGREDIENTS

- 2 lb. ground beef
- Hearty handful of *Three Jerks Jerky's* Memphis BBQ flavor Filet Mignon Beef Jerky
- Large squirt of ketchup
- Smaller squirt of mustard
- A few good glugs of Worcestershire sauce
- Salt and pepper to taste

TOPPINGS

- 8 slices sharp cheddar cheese
- 2 avocados, sliced
- 1 medium tomato, sliced
- Leaf lettuce
- 8 hamburger buns, toasted

INSTRUCTIONS

1. Chop the beef jerky into small pieces. If desired, chop additional jerky for topping the burgers.
2. Mix all ingredients together until well combined. Form into 8 patties.
3. Preheat a **Swiss Diamond double-burner griddle** over medium heat. When hot, add the patties and cook until underside of the patty is browned. Flip the patties and cook until browned on the opposite side and cooked to desired doneness.
4. Top with tons of cheddar cheese, lettuce, tomato, and avocado.

PHOTO AND RECIPE CREDIT

Three Jerks Jerky, the original filet mignon beef jerky.



Ultimate Bacon Burgers

Chef Kevin Hickey

Prep Time: 30 minutes

Rest Time: 30 minutes

Cook Time: 6 minutes

Yield: 8 servings

INGREDIENTS: BURGERS

- 1.4 lb (22.4 oz) grass fed chuck steak, 80/20
- 0.6 lb (9.6 oz) Applewood smoked bacon
- salt & pepper to taste

INGREDIENTS: SPECIAL SAUCE

- 12 oz mayonnaise
- 8 oz ketchup
- 8 oz Dijon mustard
- 4 oz ketchup
- 2 oz cornichon, minced
- 2 oz mustard seeds
- salt & pepper to taste

TOPPINGS

- Vermilion Blue Cheese
- Shredded lettuce
- Crispy shoestring potatoes
- 4 Brioche buns, toasted

INSTRUCTIONS

1. Combine all ingredients for the Special Sauce. Refrigerate until ready to serve.
2. Cut the steak into 1" strips, removing any gristle or extra fat. Put both the beef and the bacon in the freezer for 20 - 30 minutes, until the beef is firm but not frozen.
3. Using a meat grinder or a food processor, finely grind the beef and the bacon. Mix the ground meat with your hands, distributing the bacon evenly throughout. Add salt and pepper to taste.
4. Using a **Swiss Diamond grill pan**, cook to desired doneness. During the last minute of cooking, add the cheese to melt.
5. Toss the Special Sauce with shredded lettuce. Serve the burgers on Brioche buns with lettuce mixture topped with crispy shoestring potatoes.

RECIPE CREDIT

Adapted from a recipe by Chef Kevin Hickey, the Chef/Partner of Bottlefork as well as Partner and Director of Food & Beverage for Rockit Ranch Productions. Previous to Rockit Ranch Productions, Chef Hickey worked for Four Seasons hotels and resorts in California, Dublin and London before coming back to his native Chicago in 2004, where he led his team to a Michelin Star and AAA Five Diamond status. www.bottlefork.com



PHOTO CREDIT: Rockit Ranch Productions

Thai Tuna Burgers

Swiss Diamond Chef

Prep Time: 40 minutes

Cook Time: 10 minutes

Yield: 4 servings

INGREDIENTS: BURGERS

- 1/2 cup fresh cilantro
- 1/4 cup fresh mint
- 1/2 cup scallions
- 1 1/4 lb tuna steak (see note)
- 4 teaspoons fish sauce
- 4 teaspoons soy sauce
- 1/2 tablespoon brown sugar
- 1/2 cup panko breadcrumbs
- 1 tablespoon sesame oil

INGREDIENTS: ASIAN COLESLAW

- 1/2 tablespoon seasoned rice vinegar
- 1 teaspoon sesame oil, divided
- 1/4 teaspoon brown sugar
- 1 cup shredded red cabbage
- 1/2 cup shredded carrots
- 1/2 cup broccoli slaw

TOPPINGS

- 4 sesame Kaiser rolls

INSTRUCTIONS

1. For the Asian coleslaw: Shred the cabbage and carrots. In a bowl, combine rice vinegar, sesame oil and brown sugar. Add cabbage, carrots and broccoli slaw; toss to combine and refrigerate until ready to serve.
2. Wash and finely chop the cilantro, mint and scallions.
3. Thinly slice the tuna steak. Stack the slices and cut into thin matchsticks. Cut the matchsticks into rough cubes, then chop until the pieces are roughly 1/8 inch.

4. Combine cilantro, mint, fish sauce, soy sauce and brown sugar. Stir until sugar dissolves.
5. Add tuna and scallions; mix until combined. Form into four 3/4-inch-thick patties.
6. In a **Swiss Diamond 12.5" fry pan**, preheat sesame oil over medium heat. Place panko on a plate; coat each patty with crumbs.
7. Cook burgers for 2 minutes on each side, until exterior is well-browned. Reduce heat and cook to desired doneness.
8. Serve on sesame Kaiser rolls topped with Asian coleslaw.

NOTES:

Use sushi grade tuna steak to serve the burgers medium-rare!

PHOTO CREDIT

Flickr.com, Pete Carpenter.



Rockit Salmon Burger

Chef Amanda Downing

Prep Time: 30 minutes

Rest Time: 1 hour

Cook Time: 15 minutes

Yield: 4 servings

INGREDIENTS

- 2 lbs fresh Atlantic salmon filet
- 2 tablespoons scallions
- 1/4 teaspoon fish sauce
- 1/4 teaspoon sriracha sauce
- 1/4 teaspoon fresh ground black pepper
- 1/4 teaspoon kosher salt
- 4 tablespoons vegetable oil

TOPPINGS

- Whole wheat hamburger buns
- 2 tablespoons pickled ginger
- 2 tablespoons pickled red onion
- Wasabi mayonnaise

INSTRUCTIONS

1. Wash and thinly slice scallions. Set aside.
2. Remove skin and any bones from salmon filets.
3. Divide the salmon in half. Finely chop the first half, and roughly cube the other half.
4. Combine all salmon in a bowl with scallions, fish sauce, sriracha, salt and pepper. Mix until well combined.
5. Divide into four balls and form into patties. Chill for at least for an hour.
6. Once patties have been chilled, heat vegetable oil in a **Swiss Diamond 4.3-qt sauté pan** over medium heat. Carefully place each patty into the pan. Cook for approximately 7 minutes on each side, until patty is cooked through with a crispy, golden exterior.
7. Serve on whole wheat hamburger buns with half a tablespoon of pickled ginger, half a tablespoon of pickled red onion, and wasabi mayonnaise.



RECIPE CREDIT

Amanda Downing is the Executive Chef / Operating Partner at Rockit Bar & Grill and Rockit Burger Bar in Chicago. Previously, she was the executive sous chef at Michael Jordan's acclaimed one sixtyblue restaurant.

RockitBurgerBar.com

PHOTO CREDIT:

Rockit Ranch
Productions

Baked Cauliflower Burgers

Lukas Volger

Prep Time: 35 minutes

Cook Time: 25 minutes

Yield: 6 servings

INGREDIENTS

- 1 head cauliflower (see note)
- 1/4 cup parsley
- 2 tablespoons capers
- 3 tablespoons Dijon mustard
- 2 tablespoons potato starch
- 2 eggs
- Squeeze of fresh lemon juice
- 1/4 teaspoon red pepper flakes
- 1 1/4 teaspoons salt, divided
- 1 1/2 cups toasted bread crumbs, divided
- 1/4 cup finely grated Parmesan

TOPPINGS

- 4 Kaiser rolls
- Sliced Swiss or Gruyere cheese

INSTRUCTIONS

1. Cut cauliflower head into large florets. Roughly chop parsley. Drain, rinse and chop capers.
2. Preheat oven to 350°F. Line a **Swiss Diamond double-burner griddle** with parchment paper.
3. Place the cauliflower in a steamer basket set in a **Swiss Diamond 3.2-qt saucepan** with 1 inch of water. Bring water to a boil, reduce heat to low, cover, and steam for 8 to 10 minutes, until cauliflower can be effortlessly pierced with a knife.

4. In a food processor, purée two-thirds of the steamed cauliflower with the mustard, potato starch, eggs, and lemon juice until smooth. Transfer to a large mixing bowl.
5. Chop the remaining cauliflower into 1/8 - 1/4 inch pieces (or pulse in a food processor until roughly chopped). Add to the puréed mixture.
6. Stir in the parsley, capers, red pepper flakes, and 1/2 teaspoon of the salt. Fold in 1 cup of the bread crumbs.
7. Add seasonings to taste. Shape into 6 patties.
8. Combine the remaining 1/2 cup bread crumbs, 3/4 teaspoon salt, and the Parmesan on a plate. Gently dredge the patties in the crumbs so they are coated on both sides and the edges. Place on the prepared double-burner griddle.
9. Bake for 20 to 25 minutes, flipping once, until the burgers are firm and uniformly browned.
10. During the last minute of baking, add the sliced cheese to melt. Serve on a fluffy Kaiser roll.

NOTES:

If you find a cauliflower at the farmers' market in season (fall is peak season, beginning in October) you'll find that its natural sweetness is much more readily apparent than in the plastic-wrapped ones found at the supermarket.

Romanesco, a centuries-old vegetable that has been reappearing at farmers' markets lately, is a hybrid of cauliflower and broccoli. It has a sea-green color and its shape resembles something out of a science fiction movie, with florets of spiraling domes. You can substitute 1 head of romanesco for the cauliflower in this recipe. It steams in roughly the same amount of time as cauliflower.

PHOTO AND RECIPE CREDIT

From "Veggie Burgers Every Which Way: Fresh, Flavorful and Healthy Vegan and Vegetarian Burgers—Plus Toppings, Sides, Buns and More" by Lukas Volger. Photo by Christina Heaston. Reprinted with permission from the publisher, The Experiment. Available wherever books are sold.



BROADWAY

Black Bean Burger

Marc Renson

Marc Renson's Ambition Bistro takes pride in its fresh, local food – and frequent celebrity guests, including the casts of Broadway productions like *Mamma Mia*, *Wicked*, and *Lion King*, as well as celebrities such as Bradley Cooper, George Hamilton, Eva Mendes, and *The Cake Boss*. His Broadway Black Bean Burger is a quick, easy recipe loved by locals and Broadway performers alike. Feed your family like a Broadway cast tonight with this unique and delicious burger!

Prep Time: 1 hour 20 minutes

Cook Time: 15 minutes

Yield: 12 servings

INGREDIENTS

- 1 lb dried black beans, soaked overnight
- 1 red onion
- 1 green pepper
- 1 roasted red pepper (see note)
- 2 tablespoons cumin
- 3 eggs
- Salt and pepper to taste
- 2 cups bread crumbs (or corn meal)

TOPPINGS

- Sliced pepper-jack cheese
- Sliced ciabatta bread
- Sliced tomato
- Leaf lettuce
- Sliced avocado
- Salsa



Photo: Food Network chef Alton Brown at Ambition Bistro with owner Marc Renson

INSTRUCTIONS

1. Place black beans and soaking water in a **Swiss Diamond soup pot**. Add 3 additional cups of water and boil for 1 hour or until beans are soft.
2. In a food processor, purée the beans. Put pureed beans in a large mixing bowl.
3. Skin and chop the red onion. Chop the peppers.
4. Put red onions and peppers in food processor and purée. Add to puréed black beans.
5. Add eggs, cumin, and salt and pepper to taste. Stir in bread crumbs or corn meal little by little, until the mixture reaches a thick but workable consistency.
6. Heat a **Swiss Diamond double-burner griddle** over medium heat. When pan is hot, drop the black bean mixture by large spoonfuls onto the pan, forming 12 patties. Cook until underside of the patty is browned.
7. Flip the patties and cook until browned on the opposite side and heated through.
8. Serve on heated ciabatta with lettuce, tomato, avocado, salsa, and pepper jack cheese.

NOTES:

To roast the red pepper, wash and place on a baking sheet lined with parchment paper. Roast under the broiler until skin is blackened. Transfer to a glass bowl, cover with plastic wrap, and allow to steam until skin is loose. Remove skin and core.

PHOTO AND RECIPE CREDIT

Marc Renson is the owner of Ambition Bistro in Schenectady, NY, which serves local residents as well as celebrities performing travelling Broadway shows and concerts at nearby Proctor's Theatre. Renson is also the author of "Is the Coffee Fresh? Confessions of Drama, Dysfunction and Daily Life at a Downtown Coffeehouse."

Cilantro Oat Black Bean Burgers

Brendan Brazier

Prep Time: 15 minutes

Cook Time: 10 minutes

Yield: 10-12 servings

INGREDIENTS

- 2 cups cooked (or canned) black beans
- 1 cup rolled oats
- 2/3 cup cooked whole-grain brown rice
- 1/3 cup nutritional yeast
- 1/4 cup shredded Cheddar or cheese substitute
- 1 large onion
- 1 large handful of cilantro leaves
- 2 tablespoons ground coriander
- 1 tablespoon paprika
- 1 tablespoon grainy mustard
- 2 tablespoons tamari sauce
- 1 to 2 cups fresh bread crumbs made from sprouted bread (or gluten free bread)
- Coconut oil
- 3 tablespoons sea salt

INSTRUCTIONS

1. Peel and grate the onion. Chop the cilantro.
2. Rinse the black beans thoroughly. In a medium bowl, combine the beans, oats, rice, nutritional yeast, and cheese. Mix with your hands.

3. In a blender, combine the onion, cilantro, coriander, paprika, mustard, and tamari. Blend just until mixed.
4. Add the onion mixture to the bean mixture and mix well, adding salt to taste.
5. After mixing, adjust salt if necessary to taste. Add the bread crumbs and mix with your hands until the mixture is firm to the touch and no longer sticky. You will find that the bread crumbs and oats absorb the moisture and it will become harder to mix.
6. Form the mixture into ten to twelve 3/4-inch thick patties.
7. Heat a **Swiss Diamond 12.5" fry pan** over medium heat. Add a little coconut oil. Fry patties until lightly brown and heated through, about 1 minute per side.

NOTES:

Uncooked patties will keep in a sealed container, refrigerated, for up to 5 days.

PHOTO AND RECIPE CREDIT

Brendan Brazier is a former professional Ironman triathlete, a two-time Canadian 50km Ultra Marathon Champion, the creator of an award-winning line of whole food nutritional products called VEGA, and the best-selling author of the Thrive book series. He most recently authored

the Thrive Energy Cookbook, and is also the developer of the acclaimed ZoN Thrive Fitness program and the creator of Thrive Foods Direct national meal delivery service.
brendanbrazier.com



Feta Chickpea Burger

Chef Amanda Downing

Prep Time: 20 minutes

Rest Time: 1 hour

Cook Time: 10 minutes

Yield: 4 servings

INGREDIENTS

- 2 cups dried chickpeas, soaked overnight
- 1/4 cup yellow onion
- 1/8 cup fresh parsley
- 1/2 cup green kale
- 1 clove garlic
- 1/4 cup all-purpose flour
- 1 teaspoon ground cumin
- 1/8 teaspoon fresh ground black pepper
- 1/8 teaspoon ground cayenne pepper
- 1/4 teaspoon ground turmeric
- 1 teaspoon kosher salt
- 1 teaspoon baking soda
- 1 block feta cheese
- 1 fresh tomato
- 4 tablespoons vegetable oil, for cooking

TOPPINGS

- 4 hamburger buns, toasted
- Sliced tomato
- Sunflower sprouts (or other sprouts)
- Spicy aioli

INSTRUCTIONS

1. Finely chop the onion, parsley and kale. Peel and finely mince the garlic. Set aside.
2. Cut the feta cheese into 1/4 inch cubes until you reach 1/2 cup. Dice the tomato into 1/4 inch pieces until you reach 1/2 cup. Set aside.
3. Drain the chickpeas of all water. In a food processor, pulse chickpeas until finely chopped.
4. Add all remaining ingredients except the feta cheese and tomatoes to food processor. Pulse until just combined.
5. Turn out mixture into a large mixing bowl. Fold in the feta cheese and tomatoes until combined.
6. Form into four patties. Chill for at least an hour.
7. After patties are thoroughly chilled, heat 4 tablespoons of vegetable oil in a **Swiss Diamond 4.3-qt saute pan** over medium heat. Carefully place each patty into the pan. Cook for approximately 4 minutes on each side, until patty is heated through and exterior is crispy and golden.
8. Serve on toasted hamburger buns with sliced tomato, sprouts, and spicy aioli. Top with additional feta cheese if desired.



RECIPE CREDIT

Amanda Downing is the Executive Chef/ Operating Partner at Rockit Bar & Grill and Rockit Burger Bar in Chicago. Previously, she was the executive sous chef at Michael Jordan's acclaimed one sixtyblue restaurant.

RockitBurgerBar.com

PHOTO CREDIT:

Rockit Ranch
Productions

Sweet Potato Hummus Burger

Teresa Marie Howes

Prep Time: 35 minutes

Cook Time: 10 minutes

Yield: 12 servings

INGREDIENTS

- 4 cups sweet potatoes
- 2 cups cooked (or canned) chickpeas
- 4 teaspoons tahini
- 2 teaspoons garlic salt
- 2 eggs
- 2 tablespoons olive oil
- 1/2 cup corn meal

TOPPINGS

- 2 bags spinach, washed
- 4 tablespoons rice vinegar
- 1 cup cooked quinoa
- 1 cup cooked black beans
- Salt and pepper to taste

INSTRUCTIONS

1. Preheat oven to 400°F. Wash and chop sweet potatoes into 1/4 – 1/2 inch cubes. (You can peel them if you'd like, but I didn't – I liked the extra texture, not to mention nutrition.)



2. Cover a baking sheet or **Swiss Diamond double-burner griddle** with parchment paper. Roast potatoes for 20-25 minutes, turning halfway through, until very soft.
3. Rinse, drain and dry the garbanzo beans and place in food processor with tahini and garlic salt. Transfer to a large bowl.
4. When sweet potatoes are fully cooked, remove from oven and mash with a potato masher. Add to the bowl with the garbanzo bean mixture.
5. Whisk eggs in a small bowl. Add to mixture and mix until well combined.
6. Divide mixture into 12 equal portions.
7. Put corn meal in a shallow dish and spread evenly.
8. Take one ball of patty mixture and flatten to your desired burger shape. Then coat both sides lightly with corn meal.
9. In a **Swiss Diamond 12.5" fry pan**, heat olive oil over medium heat. Add patties and cook for 2-3 min on each side.
10. Mix spinach, black beans and quinoa. Drizzle with rice vinegar. Season to taste.
11. Plate the salad and top with veggie burger, serve and enjoy!

NOTES:

This recipe serves 12, with a 2-cup side of spinach salad. Make one recipe and have these patties on hand all week for a quick meal; they store well, so they are perfect for bulk cooking.

Each heart-healthy serving comes in under 350 calories, with almost 16 grams of protein and 13 grams of fiber. Satisfying and nutritious, these burgers provide 150% of your daily recommended Vitamin A, 46% of your daily Iron, and 14% of your recommended Calcium.

PHOTO AND RECIPE CREDIT

Teresa Marie Howes is a health enthusiast, vegetable advocate, avid runner, published author and active nutrition and fitness blogger. Backed with a formal education and over 15 years of professional experience consulting in the weight loss industry, she has an arsenal of tools, tips, and tricks and she can't wait to share them!

www.eatdrinkandbeskinny.com.

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-  Ideal for healthy cooking: no oil needed
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-  Oven-safe up to 500 °F
-  Tempered glass lids with adjustable steam vent
-  Limited Lifetime Warranty

Featured Products

Swiss Diamond 12.5" fry pan (shown above)

Swiss Diamond's largest fry pan, the 12.5" (32 cm) skillet is perfect for burgers, pork chops and more.

Also available with tempered glass lid

Swiss Diamond double-burner griddle



The double burner griddle allows you more room to cook your favorite foods without the hassle of an electric griddle. It also serves as a baking sheet - guaranteed never to warp!

Swiss Diamond grill pan



If the weather isn't right for an outdoor cook-out, enjoy grilling indoors with the grill pan. The ridged base cooks off fat for a healthier meal.

Swiss Diamond 4.3-qt sauté pan



The 4.3-quart (11") saute pan is perfect for meat, vegetables, sauces, and more. Includes tempered glass lid with adjustable steam vent.

Swiss Diamond 3.2-qt saucepan



The 3.2-quart (8") saucepan is ideal for gravy, spaghetti sauce, and more. A heavy-duty cast aluminum bottom ensures even heat transfer and prevents scorching. Includes tempered glass lid.

Swiss Diamond 5.5-qt soup pot



The 5.5-quart (9.5 inch) soup pot is designed for making soups, stocks, and stews, and is big enough for boiling pasta. Includes lid.



Best Burgers Recipe Book

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