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# DECONSTRUCT

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A brand-new portion control strategy!

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## Deconstructed Meal: Hamburger

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Hamburgers are so often maligned as portion-control busters and unbalanced meals, but is there a way to deconstruct them and make them more healthful?

Absolutely!

First, choose lean ground meat and make a hamburger that is less than 1/4 pound when raw.

Skip the bun and slice the hamburger like a steak, with a mustard dipping sauce or fresh salsa on the side. This will add flavor and color to the dish.

Then rearrange the toppings into a salad. Make sure the vegetables take up at least half the plate, and then top the salad with a few whole grain croutons.

## Why Deconstruct a Dish?

If you deconstruct favorite dishes that are normally portion-control busters, you can include way more of the healthful aspects and reduce the less-virtuous options without omitting them entirely. Get all of the fun without all of the drawbacks!

Deconstructing a meal means breaking it into its individual parts. Then you rebuild the dish, riffing on the flavors and textures of the original. It's actually a pretty popular technique in the restaurant scene right now, especially among the establishments that have earned Michelin stars.

For portion control and good health, we take that deconstruction further by re-balancing the deconstructed meals, dialing up the fruits, vegetables, and whole grains, while reducing the less-healthful aspects.

