

- Burgers are one of America's favorite meats to grill. You can build a better burger by choosing healthy toppings, leaner meats and a whole-grain bun.
- Cook it safe – internal temperature of 160 degrees. Use a meat thermometer. Prior to cooking make a small indentation in the center of the patty to allow for more even cooking. Grilling tips: Mix seasonings into meat but be careful not to overwork the meat. Add moisture through ingredients and flip at the right time (when the burger loosely comes away from the grill).

Build a better burger this summer

Types of meat:

Chicken: look for ground chicken breast

Turkey: look for ground turkey breast

Beef (90-96% lean) 95% lean provides 140 calories and 5 g fat compared to 70% lean providing 330 calories and 30 g fat

Go for the grains for extra nutrition:

Whole grain Sandwich thins

Whole grain English muffins

Whole wheat hamburger buns

Ciabatta rolls

Italian style rustic bread, sliced.



Great Grilling Toppings!!

- **Pepperoni Pizza Burger:** Turkey pepperoni, low fat mozzarella cheese and pizza sauce
- **Hickory Burger:** Low fat cheddar cheese, turkey bacon and hickory barbecue sauce
- **Cowboy Burger:** Grilled mushrooms, grilled onions and Monterey Jack cheese
- **Blue Moon Burger:** Bleu cheese, sautéed mushrooms, lettuce and tomato served on an onion bun
- **The Islander Burger:** Light Thousand Island dressing with lettuce, tomato and pickle
- **Greek Burger:** Herbed feta cheese, black olives, diced or sliced cucumbers, tomato and onions
- **Chicago Burger:** Sweet relish, chopped onion, ketchup, mustard and hot peppers
- **Rowdy Reuben Burger:** Melted Swiss cheese, light Thousand Island dressing and caramelized onions, served on marble rye
- **Fajita Beef Burger:** Patty mixed with fajita seasoning, and served with guacamole or slices of avocado, plain Greek yogurt, shredded lettuce, and salsa

Open Faced Turkey Pesto Burgers

Serves 4

All you need

1 pound ground lean turkey or chicken

4 tablespoons pesto sauce

1/4 cup shredded Parmesan cheese

3 cloves garlic, minced

1/4 teaspoon salt

1 large loaf whole wheat or 12 grain bread

Additional toppings: Arugula, tomatoes, shredded Mozzarella, additional pesto sauce



All you do

1. In bowl combine ground turkey, pesto, the Parmesan, garlic, and salt. Shape into four 1/2-inch-thick oval patties.
2. Halve bread loaf horizontally. Brush each cut side of bread with 1 tablespoon pesto sauce; set aside.
3. For a charcoal grill, place patties on greased rack directly over medium coals. Grill, uncovered, 10 to 13 minutes or until chicken is no longer pink (165 degrees F), turning once halfway through grilling. Top each patty with a mozzarella slice. Cover grill; grill 1 to 2 minutes more or until cheese is melted. Grill bread for 1 to 2 minutes per side or until toasted. (For gas grill, preheat grill. Reduce heat to medium. Place patties on grill rack over heat. Cover; grill as above.)
4. Arrange greens on toasted bread. Top with turkey patties and tomato slices. Spoon additional pesto over all. Sprinkle with coarsely ground black pepper.

INFORMATION FROM REGISTERED DIETITIAN, JEN HAUGEN. JEN IS THE HY-VEE NUTRITION EXPERT AND PROMOTES HEALTHY EATING IN THE ROCHESTER, MINNESOTA AREA.

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