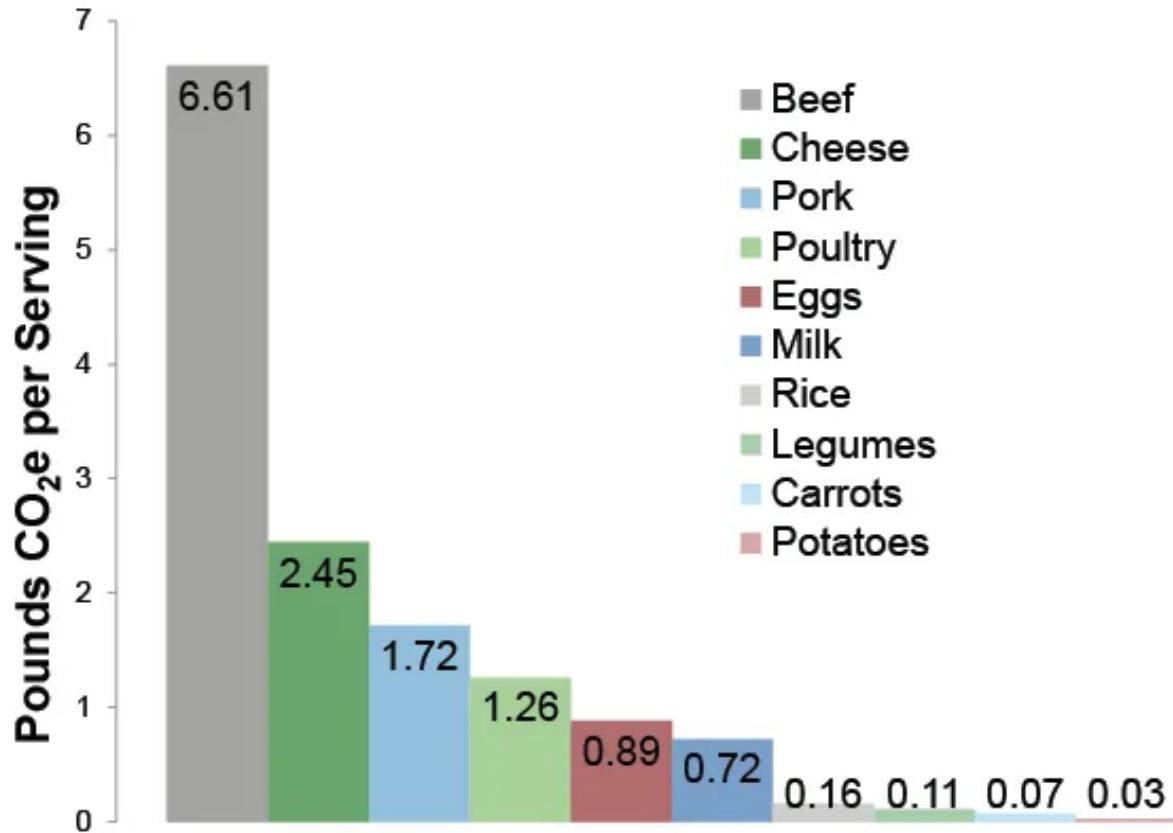


Burgers on the Grill, Anyone?

Since we're in the midst of summer grilling season, let's talk about burgers! Did you know that beef is the highest carbon footprint of all the food choices? This chart from the University of Michigan compares servings of a variety of foods, and you can see that beef is more than four times worse than pork or poultry options in terms of its carbon impact.



Luckily, there are many alternatives to consider for your summer grilling menu. The lowest carbon footprint would undoubtedly be a veggie burger. If you prefer meat on the grill, a grilled chicken breast or salmon burger can provide a refreshing change of pace. I've attached a few recipes for any foodies out there that would like to try some creative ways to serve poultry burger alternatives. Your guests will appreciate that you put a little extra effort into creating something special for them! Many studies have shown red meat to be harmful in terms of the health impacts too, so why not try a few alternatives on your grill this summer. You won't be sorry, and you might even find you feel better and enjoy them more!

Happy Summer!

TEXAS TURKEY BURGERS

Makes 2 servings.

- $\frac{3}{4}$ pound ground, white meat turkey
- 3 tablespoons low-sodium barbecue sauce
- Salt and freshly ground black pepper
- Vegetable oil spray
- 1 jalapeno pepper, seeded and chopped (about 2 tablespoons)
- 3 tablespoons reduced-fat mayonnaise
- 2 whole wheat hamburger rolls
- 1 small tomato, sliced

Mix ground turkey with the barbecue sauce. Add salt and pepper to taste. Form into 2 patties, about 4 inches in diameter and $\frac{1}{2}$ inch thick. Heat a non-stick skillet over medium-high heat and coat with vegetable oil spray. Add the burgers and cook 3 minutes. Turn and cook 3 minutes. Turn heat down to medium and cover the skillet with a lid. Sauté 2 to 3 minutes or until a meat thermometer reads 165 degrees.

While burgers cook, mix chopped jalapeno pepper and mayonnaise together. When burgers are cooked, place each burger on the bottom half of a

hamburger roll. Place several slices of tomato on each burger. Spread the mayonnaise on the top half of the roll and close.

Per serving: 495 calories (29% from fat), 16.2 g fat (2.3 g saturated, 3.9 g monounsaturated), 90 mg cholesterol, 45.2 g protein, 42.2 g carbohydrates, 6.3 g fiber, 721 mg sodium.

CORN AND BLACK BEAN SALAD

Makes 2 servings.

- Several lettuce leaves
- $1\frac{1}{2}$ cups defrosted frozen corn kernels
- $\frac{1}{2}$ cup reduced-sodium rinsed and drained black beans
- 2 tablespoons reduced-fat oil and vinegar dressing
- Salt and freshly ground black pepper

Divide lettuce leaves between two plates. Mix corn and black beans together in a small bowl. Toss with dressing and add salt and pepper to taste. Spoon over lettuce leaves.

Per serving: 160 calories (11% from fat), 2 g fat (0.2 g saturated, 0.6 g monounsaturated), 1 mg cholesterol, 7.1 g protein, 32.5 g carbohydrates, 6.8 g fiber, 59 mg sodium.

TURKEY, FETA AND HERB BURGERS

Adapted from an article on "Swift Suppers" in an issue of Food and Travel magazine. (Note: These burgers crumble easily, so they can't stand up to the grill.)

Makes 4 to 6 servings.

- About 1 pound ground turkey
- 4 to 6 ounces feta cheese, patted dry and crumbled
- 2 to 4 spring onions or scallions, finely chopped
- About 1 tablespoon finely chopped fresh mint or basil, or to taste
- Pinch ground cinnamon
- Pinch ground allspice
- Salt and freshly ground black pepper to taste
- About 2 tablespoons vegetable oil
- 4 sandwich or hard rolls, split

To make burgers: Preheat broiler. In bowl, using hands, mix turkey, cheese, onions, mint or basil, cinnamon, allspice, salt and plenty of pepper until thoroughly combined. Divide evenly into 4 or 6 portions. Gently pat each portion into a patty.

To cook burgers: In large skillet over medium-high heat, heat 1 tablespoon oil. Reduce heat to medium. Add as many patties as will fit in skillet without crowding. Cook, turning once, for 5 to 7 minutes per side, or until browned and cooked through. (Note: There should be no trace of pink.) Transfer to plate. Cover with foil to keep warm. Repeat with remaining oil and burgers.

To broil buns: Meanwhile, broil rolls, split side up, for 3 minutes, or until very lightly browned. Transfer to individual plates. Transfer each burger to a bun. Serve.

PAD THAI CHICKEN BURGERS

Mary Montoya of St. Paul took all the elements of her family's favorite food and came up with this burger recipe. It beat out thousands of others, and Montoya was chosen as a finalist in the new Food Network series, "The Ultimate Recipe Showdown." The show airs at 8 p.m. Sunday on the Food Network channel. Montoya is competing with eight others in the burger category. The winner gets \$25,000.

Prep time: 20 minutes

Cook time: 15 minutes

Ease of preparation: Intermediate

Servings: 4

Peanut sauce:

- $\frac{1}{4}$ cup coconut milk
- 1 tablespoon tamarind
- 3 tablespoons sugar
- 2 tablespoons peanut butter
- 2 teaspoons fish sauce
- 1 tablespoon red curry paste

Burgers:

- $1\frac{1}{2}$ pounds ground chicken
- 1 tablespoon fish sauce
- 3 cloves garlic, chopped
- 2 shallots, diced
- 3 teaspoons tamarind
- 2 tablespoons chopped garlic chives
- 2 teaspoons salt
- 6 sesame seed buns
- Chinese or napa cabbage
- Bean sprouts

To prepare grill: Heat outdoor grill to medium-high or indoor grill to 325 degrees.

To make peanut sauce: Place coconut milk in saucepan. Bring to a near boil (but not boiling). Add tamarind, sugar, peanut butter, fish sauce and curry paste. Simmer until well blended.

To make burgers: In bowl, mix chicken, fish sauce, garlic, shallots, tamarind, garlic chives and salt. Shape into 4 patties. Grill burgers for 4 to 5 minutes on each side or until juices run clear when pierced.

To serve: Place each burger on sesame seed bun. Top with cabbage and bean sprouts. Spread peanut sauce on bun. Serve.

Buffalo-Style Grilled Chicken

Prep time: 5 minutes Marinate time: 30 minutes
Cook time: 10 minutes Makes 4 servings

Ingredients:
1 $\frac{1}{2}$ cup Frank's RedHot sauce
1 lb. boneless skinless chicken breasts, patted dry
Blue cheese or ranch salad dressing

Directions:

1. Pour **RedHot** sauce over chicken in zip-top bag. Cover, refrigerate 30 minutes.
2. Grill chicken 10 minutes or until no longer pink in center, basting often with additional **RedHot** sauce.
3. Arrange chicken on lettuce-lined rolls. Serve with salad dressing and additional **RedHot** sauce.

Tip: For extra kick combine $\frac{1}{4}$ cup each **Frank's RedHot** sauce and salad dressing. Drizzle on chicken.

