

Burgers on the Grill? Let's Talk Turkey

It's grilling season and there's nothing like a tasty burger hot off the flame. What if you're trying to cut back on fat? Eat a turkey burger instead. Ground turkey breast can be as lean as 99 percent fat-free.

There is no reason to give up flavor in your burger. Add cilantro, shallots or chili sauce to spice things up. Or mix in feta cheese, kalamata olives, oregano and pepper and serve on a pita for a Greek-style burger.