

Natural Health Center

March 2011 Recipe

262.354.4683

Hawaiian Turkey Burger

This recipe is a perfect example of how a 'burger' can be made into something that is a lower calorie, healthier dish (*and easy gluten free*) by just removing the bun. One hamburger bun weighs in at 100 calories or over and is easily replaced with a tasty vegetable side. With the added pineapple and spiced up ketchup it's a quick and easy meal – you won't even miss the bun! Personally, we love it with asparagus around here, but any veggie combo to your liking will be superb. After having this dish, you'll be inspired to toss the bun on your other burger recipes as well. And if tossing the whole bun is just too big of a step, consider open-face sandwiches with more fixings on top. Enjoy!

For more recipes and tips on healthy cooking visit www.essentialgrain.com

Hawaiian Turkey Burgers

Makes 4 servings at 161 calories.

1/4 cup bread crumbs
1 sliced green onion
1/4 red bell pepper diced (optional)
1/2 tbsp Tamari (soy sauce)
Pinch of Kosher salt
2 tbsp pineapple juice
1/2 lb of ground turkey thigh
4 pineapple ring slices

Sauce:

1 tbsp Tamari (soy sauce)
1 tbsp pineapple juice
1/4 tsp garlic granules (or powder)
1 tsp apple cider vinegar
Dash of habanera sauce
4 tbsp ketchup



- Mix the bread crumbs, green onion, bell pepper, Tamari, salt and pineapple juice in a mixing bowl.
- Add the ground turkey thigh and mix well until all ingredients are incorporated.
- Mix all sauce ingredients except ketchup. Place ketchup in separate small bowl and add 1 tbsp of sauce and mix together.
- Divide turkey mix into 4 equal sized balls and form into patty sized burgers about 1/2" thick. *Tip* I often dip the balls into pineapple juice before patting into burger shapes so the mix doesn't stick to my hands.
- Preheat indoor grill pan on medium high heat.
- Place 4 patties and 4 pineapple slices onto preheated grill. Baste the burgers and pineapple slices with the sauce mix.
- Grill several minutes before turning over and grilling other side. Use the rest of the sauce mix to baste the other side of the burgers and pineapple. Grill several more minutes until burgers are done.
- Serve burgers with pineapple slices on top and ketchup spooned over them.
- Asparagus, mixed gardeners vegetables or any other veggie side pairs up with this dish for a complete meal.