

Teriyaki Turkey Burger

Makes 4 burgers

1 pound lean ground turkey
1/4 cup grated onion
2 tablespoons teriyaki sauce
1/2 teaspoon grated fresh ginger
Kosher salt and black pepper to taste
4 buns
4 fresh pineapple rings
2 tablespoons teriyaki sauce
1 red onion cut into 1/2 inch thick slices
1 ripe avocado
1/4 cup plain non-fat Greek yogurt
Juice of a lime
1 teaspoon honey
Kosher salt and black pepper to taste



Instructions

In a large bowl mix together the ground turkey, onion, teriyaki sauce, ginger, salt and pepper with your hands being careful not to overwork the meat.

Form into 4 patties and set aside. Heat the grill to medium high heat and oil the grates.

Brush the pineapple rings and red onion slices with a little oil and sprinkle with salt and pepper. Place them on the prepared grill and grill the pineapple for approximately 3 minutes per side and the onions for 4-6 minutes per side.

While the pineapple and onions are grilling add the turkey burgers to the grill and grill for approximately 3-4 minutes per side.

Toast the buns on the grill for about 1 minute if desired.

Add all of the ingredients to a blender and blend until smooth.

Cover and refrigerate until ready to serve.

Place the burgers on the toasted buns and spread a little more teriyaki sauce over the top.

Add a pineapple ring and grilled onions to the top.

Spread some of the avocado spread on the other half of the bun and serve.