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Ground turkey is a lot healthier than beef and tastes really good! These burgers are grilled but can easily be pan fried. I added some grilled pineapple and grilled sweet yellow onion to my sandwiches but that is optional. If you do not want to contend with the grill go ahead and brush some pineapple slices with a little butter and brown sugar and broil them. Here is what you are going to need for this recipe:

- 1 pound ground turkey meat
- 4 scallions, white, light green and dark green chopped
- 1 tsp fresh ginger, minced
- 1 large garlic clove, minced
- 2 TBS water chestnuts, finely chopped
- 1/4 cup store bought Teriyaki sauce*
- 1/4 cup Panko bread crumbs*
- Salt & Pepper
- 4 slices white cheddar cheese
- 4 thick slices of sweet yellow onion, grilled
- 4 slices pineapple, grilled

Place the turkey in a bowl. Add the scallions, ginger, garlic, water chestnuts, Teriyaki sauce and Panko crumbs into the bowl. Season with salt and pepper.

Make 4 equal size patties and set aside.

If grilling, grill burgers at medium heat for about 45 minutes per side. If pan frying, heat a skillet with some oil and fry until both sides are browned and burger is cooked through. Add a slice of cheese to each patty after you flip them over.

Place the burger in a roll and top with grilled pineapple and onion. Serve and enjoy!

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