



The Big Kahuna Burger

Who doesn't love pineapple and teriyaki sauce on a burger? Probably you whack-jobs that hate it on pizza 🙄

One of my favorite burgers to get at a restaurant has always been a teriyaki burger or chicken sandwich. You have a seasoned patty, savory and salty teriyaki sauce and a thick, sweet slice of pineapple. Well, we're elevating it by roasting our red onions and pineapple... as well as dusting the pineapple with cinnamon and chili powder.

Ingredients:

Savory Ground Turkey Patties:

- 3/4 batch of my 'savory' ground turkey, recipe on pg. 26, formed into (4) 3oz patties

Quick Teriyaki Sauce:

- 1 batch of my 'quick teriyaki sauce', recipe on pg. 20

Sesame Yogurt Spread:

- 3 Tbsp plain fat free Greek yogurt**
- 1 tsp light mayonnaise
- 1/4 tsp sesame oil
- 1/8 tsp ground ginger
- 1/4 tsp sriracha or other asian chili sauce (optional)
- 1 Tbsp of my teriyaki sauce (leftover from above)
- 1 tsp lime juice
- pinch of salt

Additional Ingredients:

- 4 (1/2" thick) red onion slices
- 8 sliced pineapple rings, core removed.
- 1/8 tsp each: chili powder and ground cinnamon, for dusting the pineapple (easiest when done with a wire mesh strainer)
- Lettuce or other preferred leafy green.

Directions:

- 1 Mix all of the teriyaki sauce ingredients together in a small pot. Bring to a boil for 4-5 minutes, or longer if you'd like it to be thicker. Set aside.

Servings Info.:

Yields: 4 burgers
 Servings: 4
 Serving Size: 1 burger



R - D
 0-2

- last checked 03/29/24 -
 Listed Points DO NOT INCLUDE BREAD! Use whatever brand buns you want, then add my points.



- 2 Preheat oven to 425 degrees. (A) Cut four 1/2" thick slices of red onion, then line a sheet pan with foil. Spray both sides of the onions with cooking spray and season with salt and pepper. Arrange the onions on a pan, lined with foil. (B) Bake the onions at 425 for 12 minutes. (C) While the onions are baking, pat the pineapple rings dry with paper towels, then sprinkle with chili powder and cinnamon on 1 side. Spray the 'dusted' rings with cooking spray, then rub the spices into the rings. (D) Turn the pineapple rings over, then sprinkle with more cinnamon and chili powder, repeating the process on both sides. Set aside.



- 3 After the onions have baked for 12 minutes, **(A)** remove the pan with the onions, then add the pineapple rings onto the pan and return it to the oven. Bake for 15 minutes. **(B)** While the pineapple and onions are baking, slice the ground turkey into 4 sections. **(C)** Form into 4 burger patties. Heat a large pan over medium heat till water sizzles on it's surface. Spray with cooking spray, then cook the patties for 2.5 minutes per side. Set aside. **(D)** Remove the roasted pineapple and onions from the oven, set aside.
- 4 Mix together the listed ingredients for the Sesame Yogurt Spread, set aside.



- 5 To assemble the burgers, first toast the buns, then **(A)** smear a scoop of the sesame spread onto the bottom bun. Then, **(B)** place a layer of lettuce over the spread, followed by one of the roasted red onion rounds, covered with a bit of the teriyaki sauce. **(C)** Set a patty on top of the onion, followed by 2 of the pineapple rings. Drizzle more teriyaki sauce over the rings, then top with the bun. **(D) OPTIONAL STEP:** If you want a "saucier" burger, dip your pineapple rings into the teriyaki sauce, before placing them onto your burger patty, in step C. This is honestly how I prefer to do it.

NOTES & SUGGESTIONS:

- **PINEAPPLE:** Yes, you can use canned pineapple rings instead of the fresh rings. They work, but make sure that you rinse them off, to keep them 0 points, then pat them dry with paper towels. Also, the texture is muuuuuuuuch more appetizing, using fresh pineapple vs canned. Canned rings are a bit mushier and have a paler color to them. But, they'll work in a pinch.
- **ROASTING:** Don't want to use your oven? Instead of using your oven for the pineapple and red onion slices, you can use a pan to sear them instead. Sear the onions the same way as in my "Oktoberfest Burger" recipe. Do the same with the pineapple rings.
- **GRILLING:** Ok, fine... you can grill the pineapple & onions too. I have to be mindful of people without grills in my recipes.
- If you'd like to make a full-fledge Hawaiian burger, add a slice of fried spam... but adjust your points. I personally think Spam is the devil's bologna... but go ahead and have it, if you're into salty canned pork stuff. Adjust your points though... heathen.

