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PAIRS  
WELL WITH:  
CHARDONNAY

## TERIYAKI TURKEY BURGERS

Serves: 6

Ingredients:

- 2 pounds ground turkey (93% lean, 7% fat)**
- 1 large egg**
- ½ cup Panko bread crumbs**
- ¼ cup grated red onion**
- ¼ cup teriyaki sauce**
- 1 teaspoon garlic powder**
- ½ teaspoon salt**
- ¼ teaspoon black pepper**
- 6 rings of fresh sliced pineapple, cored**
- 6 slices Swiss cheese**
- 6 hamburger buns**
- 1 mashed avocado**

Instructions:

Preheat a grill to medium or medium high heat.

In a large bowl, add the ground turkey, egg, bread

crumbs, onion, teriyaki sauce, garlic powder, salt and black pepper. Combine well until evenly combined.

Form six burger patties about a ½- inch thick. Lightly brush each side of the patty with oil to help prevent sticking on the grill.

Grill the burgers about 6 minutes on one side, flip, baste with extra teriyaki sauce and grill another 4-5 minutes. Add Swiss cheese on about 2 minutes before pulling patties off the grill.

Once burgers are flipped, add the pineapple to the grill and grill 4-5 minutes, flipping once.

Serve the burgers on the bun and add pineapple and mashed avocado. You can add any additional toppings at this point as well, red onions and mayonnaise are great add ons.