



Hawaiian Chicken Burgers



prep time
15 minutes



total time
25 minutes



servings
6

Ingredients

- 32oz/960g ground chicken
~ 27 servings protein
- 1 tablespoon coconut aminos
- 2 teaspoons cold-pressed sesame oil
~ 2/3 servings of fat
- 2 cloves garlic, minced
- 1 teaspoon peeled and minced fresh ginger
- 1 teaspoon salt
- ¾ teaspoon sesame seeds
- ¼ teaspoon crushed red pepper
- ¼ teaspoon cracked black pepper
- 6 fresh pineapple rings or sliced into strips. Canned is OK but look for JUST pineapple in water.
~ 1 carb serving
- 1 Yellow onion ~ 1 veggie serving

OPTIONAL SIDES/TOPPINGS:

- Mixed greens or butter lettuce
- Tomatoes
- Bun, rice or potatoes
- Avocado

 backyard bbq

Instructions

- 1 Combine ingredients (except pineapple) into a bowl and form 6 patties (or more smaller ones.) Place patties in the fridge or freezer for 5-10 minutes. This helps them stick together better when you grill them.
- 2 While the burgers sit in the freezer, slice onions and pineapple.
- 3 In a pan on medium heat with a LITTLE oil, add sliced onions. Once they start to cook up, turn to low heat and allow them to caramelize.
- 4 Heat a grill or pan to medium heat and grill the burgers for about 4-5 minutes on each side, until cooked through.
- 5 Grill the pineapple for 1 minute on each side, then place on each burger.



- 6 Top your burger with whatever veggies you like - butter lettuce, slice of tomato, bacon, avocado, etc.

Whole Recipe Breakdown:
27 Servings Protein
1 Serving Carb
1 Serving Fat
1 Serving Veggies

