

Grilled Hawaiian Burgers with Onion and Pineapple

Recipe borrowed from WeightWatchers.com

Ingredients:

- 1 pound ground beef
- ¼ cup scallions, sliced
- 3 tbsp teriyaki sauce
- 1 tbsp ginger root, freshly grated
- 2 tsp minced garlic
- 4 slices of pineapple
- ½ medium vidalia onion, cut into rings
- cooking spray
- ¼ cup cilantro, chopped

Directions:

1. Prepare the grill.
2. In a medium bowl, combine beef, scallions, teriyaki sauce, ginger, and garlic until thoroughly mixed. Form four equal sized patties.
3. Lightly coat burgers, pineapple, and onion with cooking spray, place on grill.
4. Grill every thing until done. Pineapple and onion should have golden edges, burgers to your liking.
5. Serve burger naked with pineapple and onions.

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