



Pineapple Chicken Burgers

shared by:

TVF&R's North Operating Center
20665 SW Blanton St., Aloha



Ingredients

Burgers:

1/2 medium red onion, finely chopped; reserve other half for topping

2 tablespoons crushed pineapple

1 1/2 pounds lean ground chicken

1/3 cup quick cooking oats

6 slices pineapple, fresh or canned

6 lettuce leaves

6 slices tomato

6 hamburger buns (Variations: Try Franz 100% whole wheat thinwiches or skip the bun and protein wrap your burger in large lettuce leaves.)

Teriyaki Sauce:

2 tablespoons reduced-sodium soy sauce

1 tablespoon honey

2 tablespoons crushed pineapple

2 teaspoons fresh gingerroot, finely chopped

2 cloves of garlic, finely chopped

1 teaspoon sesame oil

1/3 cup ketchup

Directions

In a small bowl, combine all ingredients for teriyaki sauce and set aside. In a large bowl, combine all ingredients for the burgers, adding half of the teriyaki sauce mixture. Mix all ingredients well and form into 6 patties. Coat grill rack with cooking spray before starting grill. Grill burgers about 5 minutes each side or until cooked through, basting with reserved teriyaki sauce. Grill pineapple slices for about 2 minutes each side. Place burgers on the hamburger buns and top with grilled pineapple, lettuce, tomato, and slices of the remaining red onion half.

This center manages the emergency operations for TVF&R's north fire stations and the community services, education, prevention, and preparedness programs for the area served by these stations. The facility is home to the District's Fleet Services, which maintains emergency apparatus for TVF&R, and is also used for firefighter training.