

# Summer Grilling - The Heat Is On!

**Food Safety Tip:** Never use the same brush to baste both raw and cooked meats with sauce. Always use a different brush or wait to baste until towards the end of cooking.

**Grilling Technique:** Brushing the burger with teriyaki sauce will enhance the flavor. Be sure to brush towards the end to avoid the sugar from the sauce burning the burger.

## Hawaiian Turkey Burgers

**Yield: 4 burgers**

### Ingredients:

- 1 can (8 ounces) sliced pineapple
- ½ cup dry breadcrumbs
- ½ cup sliced green onions
- ½ cup chopped sweet red pepper
- 1 tbsp reduced sodium soy sauce
- ¼ tsp salt
- 1 lb lean ground turkey
- 2 tbsp reduced sodium teriyaki sauce
- 4 sesame hamburger buns



### Directions:

Drain pineapple and reserve ¼ cup of juice. Set the pineapple aside. Combine the breadcrumbs, green onions, red pepper, soy sauce, salt, and the saved pineapple juice into a large bowl. Combine the mixture with the ground turkey and shape into patties. Oil the grill lightly. Grill the burgers for 3 minutes on each side. Brush with teriyaki sauce and grill for 6 minutes longer on each side. The thermometer should read 165° for doneness.

Grill pineapple slices for 2 minutes on each side. Warm the buns on the grill. Serve with condiments of choice.



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