Teriyaki Lettuce Wrapped Chicken Burgers

Serves: 4 Burgers

**Ingredients:**

Teriyaki Glaze:

* 1/4 coconut aminos
* Juice from 1 large orange
* 2 tablespoons honey
* 2 teaspoons arrowroot starch
* 1/4 cup cold water
* Pineapple rounds

Burger:

* 1 pound ground chicken
* 1/4 cup shredded carrots
* 1/4 finely chopped green onion
* 1 teaspoon ground ginger
* 1 clove garlic, minced or pressed
* 1 tablespoon coconut aminos

**Directions:**

1. In a large bowl combine chicken, coconut aminos, ground ginger, garlic, carrots and green onion.
2. Form 4 equal size patties and place in the refrigerator to allow them to set.
3. In a small sauce pan make the teriyaki glaze by combining coconut aminos, orange juice and honey. Simmer on a low to medium heat for about 5 minutes. Mix the water and arrowroot starch together and add to the sauce pan allowing to simmer until sauce thickens. Remove from heat and set aside.
4. Heat grill pan to medium-high heat. Spray pan and both sides of the burgers with avocado oil or any other non stick cooking oil. Place patties on the grill and cook for 2 minutes on each side, before flipping again baste the patties with the glaze. Repeat the process of basting then flipping every 2 minutes until the burgers are completely cooked. About 6-8 minutes for each side.
5. Grill pineapple slices for 2-3 minutes basting each side once with glaze.
6. Serve burgers on large leaf lettuce topped with the grilled pineapple.

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\*\*Recipe adapted from: mountainmamacooks.com