

# Ginger Pork Burgers\*



Number of Servings: 8

## Ingredients:

### Quick Pickled Onions

- 1 cup red onion, thinly sliced
- ¼ cup rice wine vinegar
- ¼ cup water
- ½ teaspoon sugar

### Burgers

- 1 lb. ground pork, feel free to substitute with chicken, or beef too.
- ¼ green onions, finely chopped
- 1 tablespoon fresh ginger, minced
- 1 tablespoon garlic, minced
- 1 ½ teaspoon sesame oil
- 1/8 teaspoon ground black pepper
- ¼ cup cilantro, washed and finely chopped
- 4 burger buns

## Directions:

1. In a small bowl, combine onion, vinegar, water, and sugar. Allow 10 minutes to pickle.
2. In a mixing bowl, combine ground pork, green onion, ginger, garlic, sesame oil, black pepper, and cilantro. Form into four patties.
3. In a skillet over medium-high heat, cook the burger patties for approximately 15 minutes or until both sides are browned and the internal temperature reads 160°F. The burgers can also be grilled.
4. Place the cooked pork patties in the buns and top with pickled onions.

It is important you speak with your doctor and care team to determine if this recipe is right for you. You should always follow the dietary and fluid recommendations from your doctor.

*Nutritional breakdown per serving: ¼ of recipe*

**Fat, Total: 28 g | Sodium: 281 mg | Potassium: 441 mg**

Phosphorus: 237 mg | Calories: 463 Kcal | Protein: 24 g | Carbohydrates: 26 g