

Thai Burgers

These unique burgers are topped with the flavors of Thailand: peanut butter, lime juice and hoisin with the crunch of cabbage.

INGREDIENTS

- 1 pound Ground Beef (93% lean or leaner)
- 1 cup shredded Napa cabbage
- 2 tablespoons fresh lime juice, divided
- 1/2 cup chopped green onions
- 1 teaspoon ground ginger
- 1 teaspoon hot chili sauce
- 1 tablespoon creamy peanut butter
- 1 tablespoon hoisin sauce
- 1 teaspoon toasted sesame oil
- 4 whole wheat or white hamburger buns, split



30 Min 4 42 Cal 26g
 Servings Protein

COOKING

1. Combine cabbage and 1 tablespoon lime juice in medium bowl; set aside.
2. Combine Ground Beef, green onion, ginger and chili sauce in medium bowl, mixing lightly but thoroughly. Lightly shape into four 1/2-inch thick patties.
3. Heat nonstick skillet over medium heat until hot. Place patties in skillet; cook 10 to 12 minutes until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally. Season with salt and pepper, as desired.
4. Meanwhile, combine peanut butter, hoisin sauce, remaining 1 tablespoon lime juice and sesame oil in small bowl. Cover and refrigerate until ready to use.
5. Place 1 burger on bottom half of each bun; top evenly with peanut butter mixture and cabbage mixture. Close sandwiches.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		18.3g	68mg		28g	26g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com