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# Teriyaki Burgers

*The Essential Southern Living Cookbook*

Servings: 4

Preparation Time: 10 minutes

Start to Finish Time: 20 minutes

**1 pound ground round**

**1/4 cup low-sodium soy sauce**

**1/4 cup chopped scallions**

**1 teaspoon grated peeled fresh ginger**

**1/4 teaspoon black pepper**

**1 clove garlic, minced**

Combine all of the ingredients in a bowl. Mix well. Divide the mixture into four equal portions, shaping each into a 1/2-inch-thick patty.

Preheat the grill to medium-high (350 to 400 degrees).

Place the patties on the grill rack.

Grill for 4 minutes on each side or until no longer pink in the center.

## Sandwiches

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*Per Serving (excluding unknown items): 279 Calories; 19g Fat (63.9% calories from fat); 22g Protein; 2g Carbohydrate; trace Dietary Fiber; 78mg Cholesterol; 676mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 2 Fat.*