

SPICY ASIAN GROUND PORK BURGERS

Asian flavors of crushed garlic, grated ginger root, soy sauce, garlic chili paste and some fresh minced mint make for flavorful patties. Grill and serve on sandwich buns for a tasty lunch or dinner.

1 pound ground pork
1 garlic clove, crushed
1 tablespoon grated fresh ginger root
2 tablespoons soy sauce
1-1/2 teaspoons garlic chili paste*
1 tablespoon minced fresh mint
4 sandwich buns

Mix together all ingredients except buns; form into 4 patties.

Grill over medium-hot coals 10-12 minutes, turning once, about 5-6 minutes per side, until an instant read thermometer reads 160 degrees F. Serve on buns.

*Available at Asian markets and some larger supermarkets.

Makes 4 servings.

Calories: 283
Cholesterol: 58mg
Protein: 26g

Fat: 9g
Sodium: 865mg
Fiber: 2g

Saturated Fat: 3g
Carbohydrates: 23g