

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Bacon Pineapple Burgers with Candied Jalapenos and Sweet Chili Mayo

From www.howsweeteats.com

These are awesome! It takes a little time to assemble all the toppings, but it is worth it!

Makes 4 burgers

4 jalapeño peppers, sliced
1/2 cup apple cider vinegar
1 3/4 cups sugar (Try to use a less refined, organic sugar. There are many options out there.)
1 teaspoon garlic powder
4 pineapple rings
2 tablespoons unsalted butter
1 pound grass fed ground beef
1 teaspoon salt
1 teaspoon pepper
2 garlic cloves, minced
6 ounces of fontina cheese, sliced (Or whatever kind you like, preferably organic, and even better if it's raw.)
8 slices cooked bacon
1/2 cup mayo (Try to find a mayo that says it is non-gmo on the label. I buy mine at Whole Foods, or you can also use the Vegemaise brand. The soybean or canola oil that is used in most mayo is genetically modified.)
3 tablespoons sweet chili sauce (Look for the Thai Kitchen brand. Other brands will sweeten the sauce with corn syrup.)
4 Kaiser rolls, toasted and brushed with melted butter (You can also go Paleo-style, and simply wrap your burger in lettuce. It is still just as delicious!)

Directions:

1. To make the candied jalapeños, add the vinegar, sugar and garlic powder to a small saucepan over medium heat and whisk until the sugar dissolves. Allow the mixture to boil for 2 to 3 minutes, then add in the peppers and stir with a wooden spoon, making sure all of the slices are submerged. Cook for 3 to 4 minutes. Remove the peppers with a slotted spoon and place them in a jar or a bowl. Continue to cook the liquid for another 5 minutes until it has reduced by half, then pour it over the jalapeños. Allow the peppers to cool completely - you can do this a day ahead of time too.
2. To make the caramelized pineapple, heat a large skillet over medium heat and add butter. Add the pineapple rings and cook until they are golden and caramelized, about 5 minutes per side.
3. To make the burgers, mix the ground beef with the salt, pepper and minced garlic until combined. Form the burgers into 4 equal patties. You can grill the burgers, or cook them in a skillet. If you cook them that way, add a tablespoon of butter and cook on medium high heat until the burgers reach medium-well doneness. In the last minute, add the cheese on top and cover the burgers, allowing it to melt.
4. To make the sweet chili mayo, whisk together the mayo and chili sauce in a bowl until combined.
5. To assemble the burgers, add the burgers to the bun (or lettuce) and top it with the bacon, the pineapple and the candied jalapeños. Spread the sweet chili mayo on top of the bun and serve immediately!