

## Jerk Veggie Burger with Grilled Pineapple (GF,V)

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Time: 40 minutes

### Ingredients:

#### Jerk Seasoning:

- 1 tsp. onion powder
- 1 tsp. cumin powder
- 1/2 tsp. ground black pepper
- 1/2 tsp. dried thyme
- 1/2 tsp. ground ancho chile powder
- 1/2 tsp. kosher salt
- 1/2 tsp. ground ginger
- 1/2 tsp. ground allspice
- 1/2 tsp. paprika
- 1/4 tsp. hot red pepper flakes
- 1/4 tsp. ground cinnamon
- 1/4 tsp. ground nutmeg



#### Marinade:

- 2 tsp. jerk seasoning
- Juice from 1/2 a lime
- 1 tbsp. olive oil
- 1 tbsp. apple cider vinegar
- 1 tbsp. water

#### Burgers:

- 4 of your favorite brand GF/Vegan burger patties
- 4 slices of fresh pineapple
- 1 sliced avocado
- 4 large romaine lettuce leaves or burger buns

#### Directions:

In a small bowl, combine all the seasonings to make your jerk mix. You will only need 2 tsp. for this recipe, so store remaining in a small jar to use in other recipes.

In another small bowl, combine 2 tsp. jerk seasoning, the juice from half a lime (or a full lime if it doesn't produce much juice), olive oil, apple cider vinegar, and water and whisk to combine.

To cut your pineapple, chop off the top crown and the bottom. Carefully cut off the outer skin to peel it. Setting it on a side, cut 4 slices about 1/4 to 1/2 an inch wide. Take the tip of your knife and with each slice laying flat on the cutting board, cut out the inner core.

Preheat your grill to a medium heat. Once hot, place your burgers and pineapple slices on the grill. Take a brush and slather the burgers and pineapple with your jerk marinade. After about 4-5 minutes, flip the burgers and pineapple rings and brush the jerk marinade on this side. Cook another 4-5 minutes and flip one more time. Brush each with your marinade again and cook an additional 2-3 minutes, adding the burger buns to the grill for these last few minutes if you are choosing to eat these with buns. Remove from the grill.

To create your masterpiece, let your burgers cool for a few minutes if you are using large romaine lettuce leaves for your "bun" so you don't wilt them with the heat of the burger. Place your burger on the leaf or on your traditional (or GF) bun, a grilled pineapple slice, a few slices of fresh avocado, and drizzle a little of the remaining marinade for a last minute kick.