

Chicken Burger

Serving Size

Serves 4, 1 burger per serving

Ingredients

- ¼ small bell pepper
- ¼ small red onion
- 1 pound lean ground chicken, turkey, or beef
- 1½ teaspoons garlic powder
- 1½ teaspoons onion powder
- ½ teaspoon dried parsley flakes
- 1 teaspoon ground black pepper
- ½ teaspoon salt
- 1 Tablespoon canola oil
- ¼ cup water

Instructions

- 1 Rinse and finely chop bell pepper and onion.
- 2 In a medium bowl, combine bell pepper, onion, ground meat, garlic powder, onion powder, parsley, salt, and pepper.
- 3 Divide mixture into 4 pieces. Form pieces into patties about 4 inches across.
- 4 In a large skillet over medium heat, heat oil. Add burgers. Cook until browned on both sides, about 5 minutes per side. Add water to the pan. Cover and cook until the burgers reach 165°F, about 10 minutes more.

Chef's Notes

- Serve on whole wheat buns with lettuce, tomato and onion. Or, pair with a tossed salad or sweet potato fries.
- Cut leftover bell pepper into strips and add to a tossed salad, or dip into hummus or guacamole.