

# BEYOND HUNGER

## BBQ CHICKEN BURGER

This healthy burger is seasoned with barbecue flavors, studded with cheddar cheese, & grilled and basted in barbecue sauce. This easy chicken burger may just replace all burgers at your house!

### Ingredients

1 lb ground chicken, dark or white meat

1 tsp garlic powder

½ tsp pepper

½ tsp salt

¼ cup barbecue sauce plus additional for topping burger, if desired

2 oz sharp cheddar cheese diced into tiny cubes or shredded

Optional toppings: lettuce, sliced tomato, sliced onion, or fresh coleslaw



### Instructions

1. Heat grill to medium high.
2. Place chicken into large mixing bowl and add spices, ¼ cup barbecue sauce, and diced cheese. Mix until just combined and ingredients are evenly distributed. DO NOT OVERMIX.
3. Divide the meat mixture into 4 equal portions and shape into patties. Place a thumbprint into the middle of each burger to help prevent shrinkage and to ensure even cooking.
4. Grill burgers for 6-7 minutes per side or until chicken reaches 160 degrees.
5. Remove chicken burgers to a plate and baste with additional barbecue sauce. Allow burgers to rest on a plate for 5-10 minutes before serving.
6. Serving Option: Serve on top of bun (or go bun-less for low-carb / gluten free) and top burger with 1-2 tsp additional barbecue sauce and ¼ cup coleslaw on each burger. Note- Additional toppings will alter total calories, fat, sodium, and sugar.

### Nutrition Tips:

-Store-bought BBQ sauce is often high in Added Sugar.

Compare brands to find a BBQ sauce that is lowest in Added Sugars per serving size.

-Vinegar-based coleslaw will be lower in Total Fat, Saturated Fat, and Cholesterol than a mayonnaise-based slaw. Look at the Ingredient Lists of store-bought coleslaw to find one that is made with vinegar instead of mayo!

Recipe featured in the October 2020 issue of  
Beyond Hunger's Nutrition Newsletter

Nutrition Facts	
Serving Size 1 pattie	
Serves 4	
Amount Per Serving	
Calories	249
% Daily Value*	
Total Fat 13.9g	18%
Saturated Fat 5.2g	
Cholesterol 110.2mg	37%
Sodium 662.5mg	29%
Total Carbohydrate 8.2g	3%
Sugars 5.6g	
Protein 23g	46%
Calcium	9%
Iron	6%
Zinc	20%
Vitamin B6	36%