

Chicken Burger

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

Nutrition Facts

Serving Size 1 burger
Servings Per Recipe 4

Amount Per Serving

Calories 210 **Calories from Fat** 120

% Daily Value*

Total Fat 13g **17%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 85mg **28%**

Sodium 370mg **16%**

Total Carbohydrate 3g **1%**

Dietary Fiber 1g **4%**

Sugars 0g

Protein 22g

Vitamin A 4% • Vitamin C 10%

Calcium 2% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Directions

1. Peel onion. 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 evenly 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.
- Cut leftover bell pepper into strips. Add to a tossed salad or enjoy with a healthy dip.