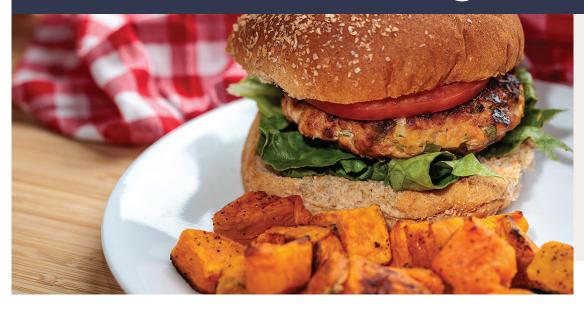


Chicken Burgers





This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Prep time: 10 minutes Cook time: 10 minutes

- 1 pound 98% fat-free, ground chicken breast
- 1/4 cup barbecue sauce
- 1/2 cup green onions, finely chopped
- 1/4 cup celery, diced
- 1 teaspoon garlic powder (or 1 clove of garlic, minced)
- 1/4 teaspoon salt
- Nonstick cooking spray
- 4 whole-wheat hamburger buns
- 2 cups romaine lettuce, torn or shredded
- 1 large tomato, cut into 8 slices

Optional: 2 tablespoons cheese, such as blue cheese, feta, or shredded cheese

- **1.** Wash hands with warm water and soap, scrubbing for at least 20 seconds.
- 2. In a medium bowl, combine chicken, barbecue sauce, green onion, celery, garlic powder, and salt.

- **3.** Using wet hands (to prevent mixture from sticking), form chicken mixture into four 1/2-inch-thick patties. Wash hands with warm water and soap after handling raw poultry.
- **4.** Preheat a large skillet over low to medium heat and spray with nonstick cooking spray.
- **5.** Place burgers in the preheated skillet. Cook until burgers reach an internal temperature of 165 degrees F as measured on a meat thermometer, about 5 minutes per side.
- To serve, place each burger on a bun. Top each with 1/2 cup shredded lettuce, 2 tomato slices, and optional 1/2 tablespoon of cheese.
- **7.** Refrigerate leftovers within 2 hours.

Makes 4 servings Serving size: 1 burger on bun with toppings Cost per recipe: \$8.36 Cost per serving: \$2.09

Nutrition facts per serving:

300 calories; 3.5g total fat; Og saturated fat; Og trans fat; 65mg cholesterol; 500mg sodium; 32g total carbohydrate; 1g dietary fiber; 9g total sugars; 4g added sugars; 27g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 15% Daily Value of iron; 4% Daily Value of potassium

Source:

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