

## CLASSIC CHICKEN BURGERS



**Preparation Time:** 15 minutes

**Cook Time:** 10 minutes

**Cut:** Ground chicken

### Ingredients

*Tip: Double this recipe and freeze extra raw burgers in a single layer between sheets of wax paper. Once frozen, wrap burgers in wax paper then tightly in foil. Freeze for up to 3 months.*

1 lb (450 g) ground chicken

1 garlic clove, minced

1 green onion, minced

1 tsp (5 ml) dried oregano

½ lemon, juiced

½ cup (125 ml) panko or breadcrumbs

2 Tbsp (30 ml) mayonnaise

½ tsp (2.5 ml) salt

½ tsp (2.5 ml) pepper

4 burger buns

## Preparation

In a medium bowl, add ground chicken, green onion, oregano, lemon juice, panko crumbs, mayonnaise, salt, and pepper.

Using lightly oiled hands, gently combine ingredients, taking care not to over work the mixture.

Form 4 large burger patties by equally dividing mixture into balls, flattening and placing on a baking sheet lined with wax paper.

Cook burgers on grill or non-stick pan to an internal temperature of 165F (74C).

Burgers should cook for approximately 5 minutes per side. Take care not to overcook.

Serve on burger bun with your favourite toppings.

Topping suggestions:

Cheese, lettuce, tomato, relish, pickles, mayonnaise, coleslaw, grilled vegetables.

<b>Nutrition Facts</b>			
Serving Size 1 Serving			
Serves 4			
<hr/>			
<b>Amount Per Serving</b>			
<hr/>			
<b>Calories</b>			409
<hr/>			
			<b>% Daily Value*</b>
<b>Total Fat</b> 8.1g			<b>10%</b>
<b>Cholesterol</b> 170.6mg			<b>57%</b>
<b>Sodium</b> 510.6mg			<b>22%</b>
<b>Total Carbohydrate</b> 34.9g			<b>13%</b>
<hr/>			
Sugars 7.2g			
<hr/>			
<b>Protein</b> 46.7g			<b>93%</b>
<hr/>			
Vitamin A	20%	Vitamin C	45%