CAPITAL REGION
EAT SMART NEW YORK Program

Chicken Burger

Cooking Matters

Serves 4, 1 burger per serving

One of our favorite burgers to pop on the grill is this flavorful Chicken Burger. Using chicken in place of ground beef makes for a leaner burger. Finish these burgers with a whole-grain bun, veggies and a slice of low-fat cheese!

Ingredients

1/4 small bell pepper
1/4 small red onion
1 pound lean ground chicken, turkey, or beef
1 1/2 teaspoons garlic powder
1 1/2 teaspoons onion powder
1/2 teaspoon dried parsley flakes
1 teaspoon ground black pepper
1/2 teaspoon salt
1 Tablespoon canola oil
1/4 cup water

Materials

Cutting board
Food thermometer
Large skillet with lid
Measuring cups
Measuring spoons
Medium bowl
Sharp knife

Directions

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. Cook and cover until burgers reach 165 degrees, about 10 minutes more.

Nutrition Facts

Serving Size 1 burger (139g)
Servings Per Container 4

Amount Per Serving

Calories 210	Calories from Fat 110
	% Daily Value*
Total Fat 13g	**20%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 100mg	**33%**
Sodium 360mg	**15%**
Total Carbohydrate 3g	**1%**
Dietary Fiber 1g	**4%**
Sugars 1g	
Protein 20g	

Vitamin A 6% • Vitamin C 20%
Calcium 2% • Iron 6%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Notes

Serve on whole wheat buns with lettuce, tomato and onion

View Online

http://capitalregionesny.org/recipes/chicken-burger

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USDA is an equal opportunity provider and employer. This material was funded by USDAâ€™s Supplemental Nutrition Assistance Program (SNAP). The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. For any other information dealing with Supplemental Nutrition Assistance Program (SNAP) issues, persons should either contact the USDA SNAP Hotline Number at (800) 221-5689, which is also in Spanish, call NYS hotline (800) 342-3009 or go to myBenefits.ny.gov.

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