



## 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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