

Vicki LoPachin, MD

Chicken Burger Two Ways

Total Servings: 4

Calories per serving: 507 (with ½ bun), **449** (with lettuce wrap)

Cost per serving: \$5.38 per burger (with ½ bun), **\$4.50** (with lettuce wrap)

Ingredients:

1 ½ lb ground chicken

¼ tsp paprika

1 clove garlic, minced

Kosher salt

Freshly ground black pepper

2 tbsp extra-virgin olive oil

Toppings:

Bibb lettuce (or romaine)

Avocado, thinly sliced

Red onion, thinly sliced

Jalapeños, thinly sliced

½ whole wheat hamburger bun

Preparation

In a large bowl, combine chicken, paprika, and garlic, and season with salt and pepper. Divide mixture into 4 patties.

Next, in a large skillet over medium heat, heat oil. Add burger patties to the skillet and cook each side for 4-5 minutes, until golden; about 8-10 minutes total. Make sure to check that the patties are fully cooked. Remove from heat and transfer patties to a plate.

Assembly

Served with ½ bun:

Stack lettuce, chicken burgers, avocado, red onion, and jalapeños on the bun halves.

Served with a lettuce wrap:

Stack lettuce, chicken burgers, avocado, red onion, and jalapeños on lettuce leaves. Wrap the lettuce leaf around of each burger and toppings.