

# Chicken Burger

Serve on whole wheat buns with lettuce, tomato, onion or pair with a tossed salad and sweet potato fries.

Prep Time: 20 mins  
Cook Time: 20 mins

Makes: 4 burgers

Source: [cookingmatters.org](http://cookingmatters.org)

## Ingredients

- ¼ small bell pepper
- ¼ small red onion
- 1 pound lean ground chicken, turkey, or beef
- 1½ teaspoons garlic powder
- 1½ teaspoons onion powder
- ½ teaspoon dried parsley flakes
- 1 teaspoon ground black pepper
- ½ teaspoon salt
- 1 Tablespoon canola oil
- ¼ cup water

## 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. Cover and cook until the burgers reach 165°F, about 10 minutes more.

**Note:** Use a different cutting board or sanitizing surface between raw food and ready to eat food such as bell pepper strips.



Small Changes,  
BIG Difference!



## Nutrition Information

Serving Size: 1 burger	
Nutrients	Amount
Calories:	210
Total Fat:	13 g
Saturated Fat:	2.5 g
Cholesterol:	1 mg
Sodium:	370 mg
Total Carbohydrates:	3 g
Dietary Fiber:	1 g
Total Sugars:	0 g
Added Sugars:	0 g
Protein	22 g

## Utensils Needed

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

# SHOPPING LIST

Average total cost without oil and seasonings: \$2.64

Average cost/serving: \$0.44

Recipe Makes: 4 burgers

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 1 to Cart  
Ground chicken



Add 1 to Cart  
Red onion



Add 1 to Cart  
Bell pepper

## Save Time, Save Money

- Cut leftover bell pepper into strips and add to a tossed salad, or enjoy with a healthy dip.
- Or, use in another recipe such as:
  - Barley Jambalaya
  - Hearty Egg Burritos
  - The Works Pizza

## My Cooking Notes

