

Chicken Burgers

Adapted from Cooking Matters®



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PoeCenter
The Alice Aycock Poe Center for Health Education

Recipe

From the Poe Center

Title: **Chicken Burgers** *Adapted from Cooking Matters®*

Serves: 4 - 1 burger per person

Total Time: 30 minutes

Equipment: Cutting board, food thermometer, large skillet with lid,
measuring cups, measuring spoons, medium bowl, sharp knife

Ingredients:

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

Cooking instructions:

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.

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