

Healthy Burger



Serving size: 6 (1 patty and bun)

TOTAL TIME



DIFFICULTY



EASY



DAIRY-FREE

Preparation

1. In a large mixing bowl, combine all ingredients except buns, until well blended, and form into 6 equal patties.
2. Heat a large non-stick skillet or griddle sprayed lightly with oil over medium-high heat.
3. Cook patties 3-5 minutes on each side, until no longer pink in the middle.
4. Top with extra veggies if desired and serve on whole wheat buns.

Nutrition Facts Per Serving

Calories	265
Fat	9g
Saturated Fat	2g
Cholesterol	63mg
Carbohydrate	28g
Fiber	4g
Protein	20g

Ingredients

- 1 pound 93% lean ground chicken
- 1 cup red onion, finely chopped
- 1/2 cup finely chopped red bell pepper, finely chopped
- 1/3 cup fresh spinach, chopped
- 1 large egg white
- 3 tablespoons light teriyaki sauce
- Fresh ground pepper to taste
- 6 whole wheat buns

