



From the Kitchen of Executive Chef Jessica VanRoo

Thai-style Chicken Burgers

Serves 4

303 calories per serving

Description from Live Well UCI Health Blog: www.ucihealth.org/blog

Extra-lean ground chicken is 98% fat free, making it a heart-healthy protein choice. Onions, garlic, chilis, ginger and mint also add flavor, not to mention minerals and vitamins.

Total cost: \$9.73/ \$2.43, Thai style; or \$8.46/ \$2.12 per serving, regular

Thai style

- 1 lb extra-lean ground chicken
- 3 green onions, thinly sliced
- 1 lime, zested
- 2 to 3 Thai or jalapeno chilis, seeded and minced
- 3 cloves garlic, minced
- 1/4 cup panko or regular breadcrumbs
- 2 tablespoons cilantro, minced
- 1 tablespoon mint, minced
- 1 teaspoon fresh ginger, grated
- Salt and black pepper to taste
- 2 tablespoons olive oil

Regular style

- 1 lb extra-lean ground chicken
- 1/4 cup breadcrumbs, more as needed
- 1/2 small onion, finely chopped
- 1 egg
- 2 cloves garlic, minced
- Salt and pepper to taste



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Serve with

- 4 burger buns
- Cheese (optional)
- 1 or 2 tomatoes, sliced
- 4 lettuce leaves
- Ketchup, mustard, pickle slices

Instructions

1. For regular or Thai-style burgers, combine all ingredients, and gently mix with hands or wooden until just combined. Form 4 patties and refrigerate until grill is preheated.
2. Preheat grill to medium-high. Brush grill with oil. Place patties on grill and heat, about 5 to 6 minutes per side, making sure to cook to an internal temperature of 165 degrees.
3. Remove from grill and serve on buns with desired toppings.