

Chicken Burgers

Ingredients:

- ✓ 1 medium onion
- ✓ 1 lb ground chicken
- ✓ 1 egg
- ✓ ½ cup bread crumbs
- ✓ ½ cup quick-cooking oats
- ✓ 1 tsp salt
- ✓ 1 tsp dry mustard
- ✓ 1 tsp celery seed
- ✓ 1 tsp red pepper flakes



Total Time: 30 minutes Servings: 3

Directions:

1. Chop onion and place in a medium bowl
2. Combine ground chicken and egg with the chopped onion
3. In a separate bowl, combine the remaining ingredients
4. Mix into the bowl with the onion, chicken, and egg
5. Heat 1 tbsp of oil in a pan over medium heat, and shape the mixture into 6 patties while waiting for the oil to heat
6. Cook the patties in batches until burgers are cooked through, about 5 minutes on each side. Between each batch, replace the oil in the pan with an additional tbsp of fresh oil
7. Serve on a bun with toppings of choice