Ingredients

* 1 pound extra-lean ground chicken
* ½ cup Italian-seasoned bread crumbs, divided
* ½ small onion, finely grated
* 1 egg
* 2 cloves garlic, minced
* salt and ground black pepper to taste
* 2 teaspoons olive oil

recipe

* **Step 1**

Mix ground chicken, 1/4 cup bread crumbs, onion, egg, garlic, salt, and black pepper in a bowl. Moisten hands and shape chicken mixture, 2 tablespoons at a time, into flat, oval-shaped patties.

* **Step 2**

Spread remaining 1/4 cup bread crumbs into a shallow dish. Roll patties in bread crumbs to coat.

* **Step 3**

Heat olive oil in a large skillet over medium-high heat.

* **Step 4**

Cook patties in hot oil until deep brown in color on the bottom, 5 to 6 minutes. Turn patties and cook until other side is browned, 3 to 4 minutes more.