
CHICKEN BURGER

- ¼ small bell pepper
 - ¼ small red onion
 - 1 lb. lean ground chicken
 - 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
 - 4 whole wheat buns
 - tomato, lettuce, and onion (optional for topping)
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1. Peel onion. 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.
5. Serve on a whole wheat bun with lettuce, tomato, and onion.

Serves 4, 1 burger per serving.

Recipe adapted from *Cooking Matters for Adults*.

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