



Eat Well

Chicken Burgers

Directions

Mix chicken, spinach, roasted peppers, pesto, bread crumbs, salt and pepper in bowl. Form into 4 equal patties. Grill for about 5-6 minutes per side, depending on thickness and temp of the grill or until the juices run clear. Internal temp should be 165 degrees. Top with fresh mozzarella, let cheese melt.

Ingredients

- » 16 oz ground chicken
- » 1 cup spinach
- » $\frac{3}{4}$ cup roasted red peppers
- » 1-1 $\frac{1}{2}$ cup pesto sauce
- » $\frac{1}{2}$ cup seasoned bread crumbs
- » $\frac{1}{2}$ tsp salt
- » $\frac{1}{2}$ tsp pepper
- » 4 multigrain sandwich thins
- » 4 ounces reduced fat mozzarella

Nutrition information per serving:
Calories 439.2, Protein 35 grams.

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