



## SAUTEED MINI CHICKEN BURGERS

Servings = 6

30 minutes Prep + Cook Time



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Our kids gobbled up these delicious patties suggested by our friend Mark Spindel. They're so versatile -- the basic recipe is delicious, or you can give them an Indian flavor by adding curry powder or an Asian flavor by adding a little ginger and soy or teriyaki sauce. Serve them with rice pilaf with lentils, and a spinach salad with diced oranges and sliced red onion.

- 2 lbs. ground chicken
- 1 1/2 tsp. minced garlic, (2 - 3 cloves)
- 1/2 cup Italian flat leaf parsley, minced, or more to taste
- 1/2 tsp. dried oregano, or 1 1/2 tsp. fresh
- 1/2 tsp. dried basil, or 1 1/2 tsp. fresh chopped basil
- 1/2 lemon, juice only, about 2 Tbsp.
- 1/4- 1/2 tsp. salt, to taste
- 1/8 tsp. black pepper, or to taste
- 1/2 cup bread crumbs
- 1-2 Tbsp. extra virgin olive oil
- 1/2 cup ketchup, barbecue sauce and/or honey mustard, for serving

(If you are making the rice pilaf, start it first.) In a large bowl, thoroughly combine the chicken, garlic, parsley, oregano, basil and lemon juice. Season it with salt and pepper.

Put the bread crumbs on a small shallow dish. Form the chicken mixture into about 15 small, thin patties, about 2 inches in diameter. Press the patties into the bread crumbs to coat each side and set them aside on a plate. (At this point you can refrigerate them for up to 24 hours or proceed with the recipe.)

In a large nonstick skillet, heat the oil over medium heat. Cook the patties until they are browned on each side and cooked through, 8-10 minutes total. (Meanwhile prepare the salad, if you are serving it.) If the patties are cooking too fast on the outside, reduce the heat and partially cover the pan for a few minutes so the insides will cook, too. Serve them hot with honey mustard, barbecue sauce, ketchup, or your favorite condiments.

**Scramble Flavor Booster:** Add 1 tsp. curry powder or 1/4 tsp. ginger powder and 1 Tbsp. soy or teriyaki sauce to the burgers and/or serve them with spicy barbecue sauce or spicy mustard.

### Tip:

I prefer the taste of flat leaf Italian parsley, but you can use flat leaf or curly leaf parsley interchangeably in most recipes.

## **SERVE WITH RICE PILAF WITH LENTILS & SPINACH SALAD WITH DICED ORANGES AND SLICED RED ONION**

Prepare 1 pkg. rice pilaf with lentils according to the package directions.

In a large salad bowl, toss 6 - 12 oz. baby spinach with 1 orange, diced (reserve juice to add to salad dressing,) and 1/4 red onion, thinly sliced, and 2 - 4 Tbsp. vinaigrette dressing.

### **Nutritional Information per serving** (% based upon daily values)

Calories: 230; Total Fat: 5g, 7%; Saturated Fat: 1g, 5%; Cholesterol: 90mg, 30%; Sodium: 170mg, 7%; Total Carbohydrate: 8g, 3%; Dietary Fiber: 1g, 4%; Sugar: 1g; Protein: 36g

### **Nutritional Information per serving with sidedish** (% based upon daily values)

(3/4 cup rice pilaf & 1 1/2 cups salad)

Calories: 415; Total Fat: 8g, 13%; Saturated Fat: 3g, 13%; Cholesterol: 98mg, 33%; Sodium: 801mg, 33%; Total Carbohydrate: 41g, 13%; Dietary Fiber: 8g, 33%; Sugar: 6g; Protein: 45g

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