

Dinner

Italian Chicken Burger with Creamy Peppadew Sauce

15 Mins
Prep Time

8 Mins
Cook Time

4
Servings

290 Calories **14g** Fat **13g** Carbs **32g** Protein



Ingredients

1 Burger • Serving Size

23 Mins Total Time

Allergens: Dairy, Gluten

Chicken Burgers

1 lb Lean Ground Chicken

½ Cup Mozzarella Cheese, shredded

⅓ Cup Sun-Dried Tomatoes, minced (rehydrate with hot water to soften if using tomatoes not packed in oil)

¼ Cup Basil Leaves, roughly chopped

1 Tbsp Garlic, minced

Salt and Pepper, to taste

4 Whole Wheat Hamburger Buns

Creamy Peppadew Sauce

½ Cup Low-Fat Greek Yogurt

5 Peppadew Peppers

1 Tbsp Lemon Juice

1 Tbsp Peppadew Brine (from jar)

Salt and Pepper, to taste

Nourishment Note!



Chicken

Ground chicken is an excellent source of lean protein. Protein needs may become elevated when experiencing a flare in psoriatic disease.

Allergen Swap

Dairy Mozzarella Cheese: Use a dairy-free cheese alternative or omit. **Low-Fat Greek Yogurt:** Use a plain dairy-free yogurt alternative or simply slice peppadews and place on top of burger

Gluten Look for gluten free hamburger buns; use iceberg lettuce leaves to wrap around burgers instead of bread

Instructions

- 1 Preheat**
Preheat the grill if using an outdoor grill.
- 2 Prepare Chicken Burgers**
In a large bowl, mix the ground chicken with the mozzarella cheese, sun-dried tomatoes, basil, garlic, and salt and pepper. Form mixture into four chicken burgers.
- 3 Grill Chicken Burgers**
Grill chicken burgers for 3-4 minutes per side or until cooked through. A grill pan, sprayed with cooking spray, can be used as well.
- 4 Prepare Sauce**
As the burgers cook, place sauce ingredients in a small bowl. Using an immersion blender, blend the sauce until the peppers are fully incorporated and the sauce is smooth.
- 5 Prepare Plates**
Line up the hamburger buns on plates. When the burgers are cooked, place onto the hamburger buns, top with the creamy peppadew sauce and any of your other favorite burger toppings. Enjoy!

Recipe created by Meijer Chef, Chad Beuter

What You'll Need



Knife



Cutting Board



Measuring Cups



Measuring Spoons



Large Bowl



Grill or Grill Pan



Immersion Blender/Stick Blender



Small Bowl

PD Cooking Tips

Sun-Dried Tomatoes: Chop with a mezzaluna to minimize hand strain.

Basil: Use an herb stripper and scissors to cut fresh herbs.

Garlic: Purchase jarred, minced garlic.

Lemon Juice: Purchase bottled lemon juice.