

Dinner

Italian Chicken Burger with Creamy Peppadew Sauce

Side Effect: Weight Loss/ Loss of Appetite

15 Mins
Prep Time

8 Mins
Cook Time

4
Servings

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



Ingredients

4 Servings • 1 Burger Serving Size • 23 Mins Total Time • Allergens: Dairy, Gluten

Chicken Burgers

1 lb Lean Ground Chicken

½ Cup Pasteurized 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, washed and 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, pasteurized

5 Peppadew Peppers

1 Tbsp Lemon Juice

1 Tbsp Peppadew Brine (from jar)

Salt and Pepper, to taste

Nourishment Note



Chicken

Chicken is a high-quality protein source, with every ounce having about 9 grams of protein! This is important because protein needs may be higher when undergoing cancer treatment.



Whole Wheat Bread

Whole wheat bread contains insoluble fiber. Insoluble fiber helps to draw water and bulk within the intestines, making it beneficial for relieving constipation.

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. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Preheat

Preheat the grill if using an outdoor grill.

3. 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. Wash hands after handling raw chicken.

4. Grill Chicken Burgers

Grill chicken burgers for 3-4 minutes per side or until cooked to an internal temperature of 165° F. A grill pan, sprayed with cooking spray, can be used as well.

5. 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.

6. 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!

7. Wash Dishes

Wash dishes in hot, soapy water, sanitize cooking tools and surfaces, and thoroughly wash hands.

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

Fatigue Buster

- Instead of making the creamy peppadew sauce, top with jarred roasted red peppers or a creamy tzatziki sauce.
- Purchase pre-minced garlic.