

## The Cooking Matters for Adults class recommends this!

### Chicken Burger

Contributed by Chef Ramona Baptiste, Chicago IL

Serves 4, 1 burger per serving (210 calories)

Prep time: 10 minutes

Cook time: 20 minutes

#### Ingredients

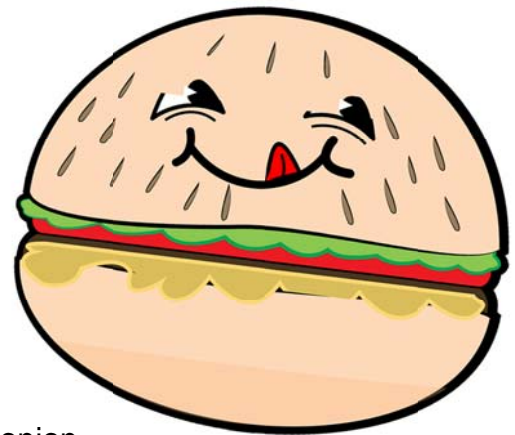
- ¼ small bell pepper
- ¼ small red onion
- 1 pound lean ground chicken, turkey, or beef
- 1 ½ teaspoons garlic powder
- 1 ½ teaspoons onion powder
- ½ teaspoon dried parsley flakes
- 1 teaspoon ground black pepper
- ½ teaspoon salt
- 1 Tablespoon canola oil
- ¼ cup water

#### Materials needed:

- Cutting board
- Large skillet with lid
- Measuring cups
- Measuring spoons
- Medium bowl
- Sharp knife

#### Special materials:

- Food thermometer



#### Directions

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.

#### Chef's notes

- Serve on whole wheat buns with lettuce, tomato, and onion. Or, pair with a tossed salad and Sweet Potato Fries
- Cut leftover bell pepper into strips. Add to a tossed salad or enjoy with a healthy dip. Or, use in another recipe like Barley Jambalaya, Hearty Egg Burritos, or Pizza.

