



Garlic Ginger Chicken Burger

INGREDIENTS

½ cup onion; finely diced
1 garlic clove; finely diced
1 TBS fresh ginger; finely diced
1 TBS olive oil
1 pound ground chicken
¼ cup liquid egg whites
1 TBS spicy mustard
1 tsp Worcestershire sauce
¼ cup fresh spinach; finely diced
¾ teaspoon fine sea salt
freshly ground black pepper

DIRECTIONS

In a pan, sauté onion, garlic and ginger with olive oil until fragrant, about 5 minutes. Let cool. In a mixing bowl, combine sautéed onion, garlic and ginger, ground chicken egg whites, mustard, Worcestershire, spinach, salt and pepper. Mix until combined. Lightly wet your hands and shape the mixture into four thick patties. Let patties rest for 15 minutes in the fridge. This helps them to not crumble when cooking. Add a bit of oil to a non-stick grill or pan and cook the burgers for 3-5 minutes per side until the burgers reach an internal temperature of 165°F. Remove the burgers from the pan and assemble as desired.

Makes 4 patties; 120 calories each.