

Middle Eastern Chicken Burgers

Ingredients

BURGERS

- 2 tablespoons canola oil, divided
- 1 small onion, diced
- 1 pound ground chicken breast
- 2 tablespoons fresh parsley, chopped
- ½ teaspoon salt
- ½ teaspoon garlic powder
- ½ teaspoon curry powder

SAUCE

- 1 cup plain Greek yogurt
- 1 tablespoon fresh mint, chopped
- 2 small seedless cucumbers, finely chopped
- Pinch of salt

Instructions

- Heat 1 tablespoon of oil in a sauté pan over medium heat and sauté onions for 4 minutes until tender and set aside to cool.
- In a mixing bowl, combine the sautéed onions, ground chicken, salt, parsley, garlic and curry powder. Evenly divide mixture and shape into 6 patties.
- In a separate bowl, mix the yogurt, mint, cucumber and salt to make the sauce.
- Heat the remaining tablespoon of oil in a pan and cook patties for 2-3 minutes on each side and until internal temperature is 165.
- Serve burgers with whole wheat pita pockets or buns, and top with yogurt sauce.

ADAPTED FROM: WEELICIOUS

