



Mini Chicken Parmesan Burgers

Ingredients

- 1 lb. ground chicken
- 1 large egg
- ½ cup Italian breadcrumbs
- ½ cup parmesan cheese
- 2 tablespoons 2% milk
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ½ teaspoon dried parsley
- ½ teaspoon dried oregano
- ½ teaspoon salt
- pinch black pepper
- 1-2 mozzarella cheese sticks
- ½ cup shredded mozzarella
- 1-2 cups jarred marinara sauce
- 12 slider buns (King's Hawaiian are awesome!)

Instructions

- Preheat the oven to 350 degrees. Spray an 8×8 baking dish with cooking spray. Set it aside.
- In a large mixing bowl combine, ground chicken, egg, breadcrumbs, parmesan cheese, milk, onion powder, garlic powder, dried parsley, dried oregano, salt and pepper. Mix well using your hands.
- Cut your mozzarella stick(s) into 12 pieces.
- Take a handful of meat and stuff one mozzarella cube in the center. Form into about 12 meatballs.
- Grab a non-stick skillet and gently spray it with cooking spray.
- Over medium heat, begin to cook your meatball burgers until they have a light sear on the outside. Turn frequently to prevent burning or sticking.
- Once all of the meatball burgers have a light sear, add them to your prepared baking dish.
- Cover the dish with foil and finish cooking the meatball burgers in the oven for 20-25 minutes or until they are fully cooked through.
- Take out of oven, top burgers with marinara and shredded mozzarella. Bake until cheese is melted. Serve on slider buns.