

Contact Cooking Matters: Email: Cookingmatters@owu.edu

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Chicken Burgers

Materials

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

Ingredients

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

Directions

1. 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.

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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.