



Recipe: Grilled Chicken Burger

Ingredients:

- 1 small chopped onion
- 2t minced garlic
- 1 chopped red bell pepper
- 1 cup sliced mushroom
- 1 tomato chopped and seeded
- 2lbs ground chicken
- 1 egg
- ½ cup bread crumbs
- 1T Old Bay Seasoning
- Kosher salt to taste
- Black Pepper to taste

Directions:

- Sautee all vegetables in a lightly oiled pan, set aside and cool completely
- Preheat outdoor grill to medium heat and oil the grates
- In a large bowl combine chicken and vegetables, add egg, bread crumbs and seasoning. Mix together and form into 8 patties
- Grill over medium heat for 5-6 minutes per side

Serve on a bun with your choice of condiments

