

SOUTHWEST CHICKEN BURGERS

Serves 6 People | 15 minutes- prep time | 10 minutes cooking time | 25 minutes- total time

Ingredients:

2 pounds lean ground chicken 2 tablespoons garlic, minced 1/4 cup cilantro, chopped
1 jalapeno, seeded and minced 1 tablespoon paprika
2 teaspoons chili powder
1 tablespoon salt
1 tablespoon olive oil
6 slices of low-fat cheese
6 whole wheat buns, toasted

Topped with a Roasted Corn Salsa --> GET THE RECIPE ON
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Directions:

Before you come in contact with the raw chicken, grab a large bowl and 2 large plates, to have by your side, for later use.

In a large bowl, combine together the ground chicken, garlic, cilantro, jalapenos, paprika, chili powder, and salt.

Once all of the ingredients are well combined, tightly pat together 6 4-ounce patties, and place them on the plate.

Now, place a large skillet or grill pan on the stove, over medium heat. Then, add the olive oil to the skillet or brush onto the grill pan.

After a minute or until the skillet or grill pan becomes warm, place the patties into the skillet or grill pan. Cook on one side for 5 minutes, and then flip over and cook for another 5 minutes.

Once the burgers are finished cooking, immediately place the slices of cheese on top. Finally, place the patties on top of the buns and serve with the Roasted Corn Salsa.

Enjoy!

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I used low-fat provolone cheese, in this recipe. You can use whichever cheese you would like, in place of the provolone.

The chicken must reach an internal temperature of 165 degrees F. 75 degrees C. in order to prevent any illness.

If you're not a fan of cilantro, replace it with parsley.