

# Cajun Chicken Sliders

Serving Size: 2 each

Makes 16 servings

## Ingredients:

1 ¼ cup onions, finely diced  
¾ cup green bell peppers, diced  
¾ cup red bell peppers, diced  
2 tbsp canola oil  
1 ½ tbsp cajun spice rub  
4 lb. ground chicken  
as needed cooking spray  
32 each mini slider bun

## Preparation:

1. Sauté onions and peppers in canola oil, until translucent, then add cajun spice. Remove and chill.
2. Mix to combine pepper mixture with ground chicken. Form into 2 oz wt. patties. Refrigerate until ready to cook. Note: Once burgers are formed, they may be placed in the freezer for a few minutes to firm up; this will make them easier to handle.
3. Cook burgers on a hot griddle prepared with pan spray to an internal temperature of 165°F.
4. Serve each slider in a mini bun.

## NUTRITION FACTS

### PER SERVING

calories	390
<b>total fat (g)</b>	14
saturated fat (g)	3.5
trans fat (g)	0
<b>sodium (mg)</b>	580
<b>total carbohydrate (g)</b>	38
dietary fiber (g)	2
sugar (g)	6
<b>protein (g)</b>	27



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