

FIT

Lemongrass Chicken Burger

Recipe Yield: 5 servings Serving: 1 each

Lemongrass	2 ounce	Mint	2 TBSP
Yellow Onion	4 ounce	Cilantro	2 TBSP
Canola Oil	1 tsp	Nonstick Pan Spray	as needed
Ground Chicken	1 pound	Whole Wheat Bun, 1.8 oz	5 each
Lime Zest	2 tsp		

1. Remove and discard green portion of lemongrass. Finely chop white portion of lemongrass.
2. Heat oil in a sauté pan over medium. Add lemongrass and onion, and cook until soft. Cool.
3. In a mixing bowl, combine onion mixture, ground chicken, lime zest, mint, cilantro and salt.
4. Divide mixture evenly into 5 patties and refrigerate for 30 minutes or until ready for use.
5. Grill burgers on each side for 4-6 minutes or until heated through.
6. Serve on toasted whole wheat burger bun.

Chef's Note: For best results, cook on a grill pan or foil for best results.

Nutrition Info (per serving):

Cal: 290 Total Fat: 12 g Sat Fat: 3 g Sodium: 480 mg Carbs: 26 g Protein: 21 g Fiber: 3 g Sugar: 4 g

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Chipotle Barbeque Chicken Burger

Recipe Yield: 5 servings Serving: 1 each

Garlic, minced	1 TBSP	Ground Chicken	1 pound
Yellow Onions, diced	4 ounce	Whole Wheat Bun, 1.8 oz	5 each
Canola Oil	1 tsp	Nonstick Pan Spray	as needed
Mo Hotta Mo Betta Chipotle Barbeque Seasoning	1-½ TBSP		

1. Heat oil in a sauté pan over medium. Add onions and garlic, and cook until tender. Allow to cool.
2. In a mixing bowl, combine onion mixture, barbeque seasoning, and ground chicken.
3. Divide mixture evenly into 5 patties and refrigerate for 30 minutes or until ready for use.
4. Grill burgers on each side for 4-6 minutes or until heated through.
5. Serve on toasted whole wheat burger bun.

Chef's Note: For best results, cook on a grill pan or foil for best results.

Nutrition Info (per serving):

Cal: 300 Total Fat: 12g Sat Fat: 3g Sodium: 470mg Carbs: 29g Protein: 21g Fiber: 3g Sugar: 7g

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Recipe Yield: 5 servings Serving: 1 each

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Yellow Onions, diced	4 ounce	Whole Wheat Bun, 1.8 oz	5 each
Canola Oil	1 tsp	Nonstick Pan Spray	as needed
Mo Hotta Mo Betta Chipotle Barbeque Seasoning	1-½ TBSP		

1. Heat oil in a sauté pan over medium. Add onions and garlic, and cook until tender. Allow to cool.
2. In a mixing bowl, combine onion mixture, barbeque seasoning, and ground chicken.
3. Divide mixture evenly into 5 patties and refrigerate for 30 minutes or until ready for use.
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5. Serve on toasted whole wheat burger bun.

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Chimichurri Stuffed Blended Mushroom Chicken Burger

Recipe Yield: 5 servings Serving: 1 each

Parsley, chopped	1/3 cup, 2 tsp	Sugar	1-½ tsp	Ground Chicken	1-1/2 pound
Cilantro, chopped	1 TBSP, 1-½ tsp	Cumin	½ tsp	Pepper	½ tsp
Garlic Clove, minced	1-1/8 tsp	Salt	1-¼ tsp	Roasted Red Pepper	5 halves
Apple Cider Vinegar	2 TBSP	Canola Oil	6 TBSP	Whole Wheat Bun, 1.8 oz	5 each
Serrano Pepper	1/4 whole	Mushrooms	2 lb	Nonstick Pan Spray	as needed

1. To prepare sauce, combine parsley, cilantro, garlic, apple cider vinegar, serrano pepper, sugar, cumin, ¼ tsp salt, and 3 TBSP oil in a blender and process until smooth.
2. Heat 3 TBSP oil in a sauté pan over medium. Add mushrooms and cook until most liquid is cooked out. Cool.
3. In a mixing bowl, combine mushrooms, ground chicken, 1 tsp salt and pepper.
4. Divide mixture evenly into 10 patties. In half of the patties, create a divot and fill with ½ TBSP chimichurri sauce. Top each with another patty and seal the two together.
5. Grill burgers on each side for 4-6 minutes or until heated through.
6. Serve on toasted whole wheat hamburger bun with half a roasted red pepper.

Chef's Note: For best results, cook on a grill pan or foil for best results.

Nutrition Info (per serving):

Cal: 340 Total Fat: 17 g Sat Fat: 3 g Sodium: 500 mg Carbs: 30 g Protein: 20 g Fiber: 4 g Sugar: 7 g

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Cilantro, chopped	1 TBSP, 1-½ tsp	Cumin	½ tsp	Pepper	½ tsp
Garlic Clove, minced	1-1/8 tsp	Salt	1-¼ tsp	Roasted Red Pepper	5 halves
Apple Cider Vinegar	2 TBSP	Canola Oil	6 TBSP	Whole Wheat Bun, 1.8 oz	5 each
Serrano Pepper	1/4 whole	Mushrooms	2 lb	Nonstick Pan Spray	as needed

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Lemon Herb Feta Chicken Burger

Recipe Yield: 5 servings Serving: 1 each

Basil, fresh, chopped	3 TBSP	Salt	¼ tsp
Feta Cheese, crumbled	¼ cup	Pepper	½ tsp
Lemon Zest	2 tsp	Ground Chicken	1 pound
Lemon Juice	½ TBSP	Whole Wheat Bun, 1.8 oz	5 each
Oregano, fresh, chopped	3 TBSP	Nonstick Pan Spray	as needed

1. In a mixing bowl, combine all ingredients except pan spray and mix until evenly distributed.
2. Divide mixture evenly into 5 patties and refrigerate for at least 30 minutes or until ready for use.
3. Grill burgers on each side for 4-6 minutes or until heated through.
4. Serve on toasted whole wheat burger bun.

Chef's Note: For best results, cook on a grill pan or foil for best results.

Nutrition Info (per serving):

Cal: 290 Total Fat: 13g Sat Fat: 4g Sodium: 450mg Carbs: 24g Protein: 22g Fiber: 2g Sugar: 4g

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Feta Cheese, crumbled	¼ cup	Pepper	½ tsp
Lemon Zest	2 tsp	Ground Chicken	1 pound
Lemon Juice	½ TBSP	Whole Wheat Bun, 1.8 oz	5 each
Oregano, fresh, chopped	3 TBSP	Nonstick Pan Spray	as needed

1. In a mixing bowl, combine all ingredients except pan spray and mix until evenly distributed.
2. Divide mixture evenly into 5 patties and refrigerate for at least 30 minutes or until ready for use.
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