Maggie's Chicken Burgers

Ingredients:

1 pound ground chicken
6 ounces (about 7 medium) grated white mushrooms
2 tablespoon plain dry bread crumbs
1 teaspoon chopped fresh thyme
¼ teaspoon salt
¼ teaspoon ground pepper
4 slices cheddar cheese
4 whole wheat hamburger buns

Directions:

Mix all ingredients except cheese and hamburger buns in mixing bowl. Form mixture into 4 to 5 inch patties. Heat indoor grill to medium-high heat. Add burger patties and cook 4-5 minutes. Flip over and add one slice of cheese. Cook an additional 4-5 minutes. Serve on bun with desired toppings.

Approximate Serving Size: 4

Maggie Turk
Protein Category
Shelby County
Intermediate Division