

Buffalo Chicken Burgers

Serves 4



Burger Ingredients:

- 2 Tbs. chopped red bell pepper
- 4 Tbs. thinly sliced green onions, divided
- 1 Tbs. unsweetened apple sauce
- ¼ tsp. salt
- ¼ tsp. crushed garlic
- ¼ tsp. pepper
- 1 lb. ground chicken (no additives)
- lettuce leaves for wrapping
- (Hamburger buns for non-SCDers)

Instructions:

In a large bowl, combine the bell pepper, 2 Tbs. green onions, applesauce, salt, garlic, and pepper. Crumble chicken over mixture and mix well. Shape into four burgers. Broil 6 inches from the heat for 5-7 minutes on each side or until a meat thermometer reads 165 degrees and juices run clear, basting occasionally with some of the Chile Sauce. Serve wrapped in lettuce leaves; top each patty with 2 Tbs. Tangy Slaw, some Chile Sauce, and a sprinkle of remaining green onions.

Alternatively, cook the patties in an oiled pan on the stove top, flipping several times until fully cooked and browned. Wrap in lettuce and serve with Chile Sauce and Tangy Slaw on the side.