



Michigan Chicken Cherry Burger

Servings: 0

Ingredients

2 1/2 lbs. Chicken breast, ground
1/4 cup plain low-fat yogurt
2 eggs, beaten
1/2 cup Cherries, Sun Dried
2 Tablespoons parsley, dry flakes
3/4 cup bread crumbs
1/4 cup Pepitas (small pumpkin seeds)
1 Tablespoon garlic, granulated
1 Tablespoon salt, kosher
1 teaspoon black peppercorns, ground
Non-stick cooking spray
1 cup mixed spring greens
4 Whole grain hamburger buns, split and toasted

Directions

1.
Mx together eggs and yogurt.
2.
Add egg mixture to ground chicken and mix evenly.
3.
Mx all dried ingredients together and fold into chicken mixture.
4.
Portion Michigan Chicken Cherry mixture into 8oz patties about 1" thick.
5.
Lightly coat burgers with non-stick vegetable spray. sauté' burgers in pan until golden brown on both sides.
6.
Place browned burgers on parchment lined sheet tray and glaze top of each burger with 1-2 tablespoons of Cherry Vinaigrette.
7. Bake at 350* degrees for 10-15 minutes. Serve on toasted buns or on a bed of fresh greens.

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