

SWEET POTATO CHEDDAR BBQ CHICKEN BURGERS

Preparation: 15 minutes | Cooking: 15 minutes | Servings: 4

INGREDIENTS

4 whole grain
hamburger buns
4 slices sharp cheddar
2 cloves garlic, minced
1 head of butterhead
lettuce
1 red onion, sliced
1 pound 93% lean
ground chicken
1 cup shredded raw
sweet potato (about 1
small sweet potato)
¼ cup finely diced
yellow onion

6 tablespoons barbecue
sauce of choice
½ teaspoon cumin
½ teaspoon salt
Ground black pepper
Vegetable of choice



INSTRUCTIONS

Make the chicken burgers by adding the ground chicken, shredded sweet potato, barbecue sauce, onion, garlic, cumin, salt and pepper to a large bowl. Mix with your hands until evenly combined. Then, divide into 4 equal portions and shape into ½ inch patties. Grill over medium-high heat (about 400 degrees Fahrenheit) for 5 to 8 minutes per side or until the burgers are cooked through. During the last few minutes of cooking the chicken burgers, add a slice of cheese to the top so the cheese melts on the patty. Place the burgers on buns, top with onions and lettuce and drizzle with extra barbecue sauce. This burger is great with a side of vegetables of your choosing!