

Chicken Burgers

Recipe by Lauren Kearbey - <http://www.pvillegirl.com>

Ingredients

- 1 ½-2 lbs ground chicken
- 3 tbsp water
- ¾ c crushed garlic crutons or seasoned bread crumbs
- 1 tbsp Worcestershire sauce
- 1 tsp salt
- 1 tsp pepper
- ½ c chopped onion
- 2 tbsp chopped fresh parsley
- olive oil (for brushing)
- hamburger buns and other desired fixings

Directions

1. Place all ingredients except oil into a bowl and mix until well combined.
2. Form chicken mixture into patties. I usually make ⅓ lb patties.
3. Brush both sides with olive oil
4. Cook on a grill or under the broiler for about 4 minutes per side.
5. Place patties on a bun and top as desired!