

Buffalo Chicken Lettuce Burgers

Servings

4

Calories

450

Prep Time

15 minutes

Total Time

10-15 minutes

Skill Level

Easy

Ingredients

2 large celery ribs, thinly sliced on the diagonal

2 green onions, thinly sliced

2 tablespoons olive oil

1 tablespoon fresh lime juice

¼ teaspoon fine sea salt

For the Burgers:

1½ pounds ground chicken

½ red onion, very finely chopped

¼ cup fine dry breadcrumbs

½ cup Buffalo-style hot sauce, divided,
plus more for serving

1 large egg

3 garlic cloves, minced or grated

½ teaspoon black pepper

2 tablespoons preferred vegetable oil

For Serving:

1 package MANN® Better Crunch Lettuce

½ cup prepared blue cheese dressing





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The Method

1. In a medium bowl stir to combine celery, green onions, oil, lime juice, and salt. Set aside.
2. In a large bowl combine chicken, onion, breadcrumbs, 2 tablespoons hot sauce, egg, garlic, salt, and pepper. Use your hands to mix everything together until well combined. Divide mixture into 8 portions and shape each portion into a patty about $\frac{3}{4}$ " thick.
3. Heat oil in a large nonstick skillet over medium heat. Add burger patties (if needed, cook burgers in 2 batches to avoid crowding) and cook until browned on the bottom, about 5 minutes. Flip and brown second side. While patties are still in the skillet, brush on both sides with remaining hot sauce, flipping and brushing the patties a few times. When they are cooked through, the internal temperature of the patties should reach 160.
4. Serve patties between lettuce leaves, topped with celery relish, blue cheese dressing, and more hot sauce if desired.

Nutrition Facts

Serving Size: 2 Burgers with 8 lettuce leave, 1/4 cup blue cheese dressing | Servings: 4

Amount Per Serving

Calories 450 | Total Fat 28g (sat fat 7g trans 0g) | Cholesterol 200mg | Sodium 2060mg | Total Carbohydrate 13g | Dietary Fiber 2g | Sugars 3g (Includes 0g Added Sugars) | Protein 36g | Vitamin D 0mcg 0% | Calcium 117mg 10% | Iron 3mg 15% | Potassium 1250mg 25%