
CALTEX GRILLED CHICKEN OR SIRLOIN BURGER



This burger is made out of extra lean ground chicken. Try to use the ground chicken the same day you purchase it; previously frozen ground chicken is very challenging to work with to maintain a patty shape. Ground chicken (lean) is high in protein but slightly lower in saturated fat than its cousin - extra lean sirloin. Both meats are good sources of vitamin B12 and iron. B12 is essential for the metabolism of carbohydrates, protein and energy production. Iron is essential for making red blood cells that carry oxygen in the blood. Makes 4 burgers

Ingredients:

1 ripe peeled avocado
4 green onions
½ tsp ground cumin
½ tsp sea salt (divided)
sirloin
Freshly ground black pepper
1 to 2 fresh garlic cloves, minced
4 “Thin” multigrain buns like Dempsters – OPTIONAL
Tomato slices

Recipe By: Debra Basch

Large handful of fresh cilantro
1 to 2 TBSP fresh lime juice
¼ tsp ground red pepper
1 lb. extra lean ground chicken or
1 egg
1 cup alfalfa sprouts

Method:

1. Preheat grill to med-high heat
2. Place cilantro and green onions in a mini-chop and mince very well
3. Place avocado in a bowl, add lime juice, ¼ tsp salt, red pepper, and cumin then mash with a fork; add ½ of the cilantro/onion mix and continue mashing until well blended
4. Add the remaining salt and cilantro/onion mix plus the egg and minced garlic to the meat and divide into 4 equal portions
5. Shape into a patty with an indentation in the centre of each patty (to avoid having the meat puff up). Grill on a prepared grill until desired doneness
6. Place ¼ cup of sprouts on bottom half of each bun and top each patty with about 3 heaping TBSP of guacamole and sliced tomato.
7. Extra veggies – optional

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