

# CILANTRO LIME CHICKEN BURGERS

## INGREDIENTS

- 1 lb. ground chicken
- 1 tbsp. lime juice + 1 teaspoon lime zest
- 1/4 cup chopped cilantro
- 1 tsp. garlic powder
- 1/2 tsp. sea salt
- Pinch of ground pepper
- Lettuce leaves for wrap
- Toppings of choice: avocado, ketchup, red onion, jalapeño slices, avocado oil mayo.

## PREPARATION

1. Combine all ingredients in a bowl and mix well. Shape the mixture into equal sized burger patties.
2. Spray a little cooking spray on a non-stick skillet or grill pan over medium heat.
3. Add burgers to skillet and cook for 6-7 minutes per side or until cooked through and 165°F internally.
4. Wrap in lettuce and serve immediately.

