



## CHICKEN TZATZIKI BURGER



### INGREDIENTS

| ITEM                                   | QUANTITY |
|----------------------------------------|----------|
| • Ground Chicken                       | 5 Oz.    |
| • Gluten-free Breadcrumbs              | 1 Tbsp.  |
| • Chopped Parsley                      | 1 Tbsp.  |
| • Chopped Fresh Mint                   | 1 Tbsp.  |
| • Sliced Green Onion Tops              | 1 Tbsp.  |
| • Dried Oregano                        | ½ Tsp.   |
| • Salt and Freshly Ground Black Pepper |          |
| • Garlic-infused Olive Oil             | 1 Tsp.   |
| • Lactose-free Plain Greek Yogurt      | ¼ Cup    |
| • Finely Grated Cucumber, Squeezed Dry | 2 Tbsp.  |
| • Chopped Fresh Mint                   | 1 Tbsp.  |
| • Chopped Fresh Parsley                | 1 Tbsp.  |
| • Fresh Lemon Juice                    | 1 Tsp.   |
| • Garlic-infused Olive Oil             | ½ Tsp.   |
| • Salt and Pepper                      |          |

**SERVING SIZE**

**1**



### PREPARATION

- In a bowl, combine the ground chicken, breadcrumbs, parsley, mint, green onion tops, oregano, salt, and pepper. Mix until just combined and form into one burger patty.
- Heat garlic-infused olive oil in a skillet over medium heat.
- Cook the burger for 5–6 minutes per side, or until the internal temperature reaches 165°F.
- While the burger cooks, combine the yogurt, grated cucumber, mint, parsley, lemon juice, garlic-infused olive oil, salt, and pepper in a small bowl.
- Assemble the burger on a gluten-free bun or butter lettuce with spinach, tomato, cucumber, and a generous spoonful of the tzatziki sauce.