



DESCRIPTION

If you love a good hamburger, then learn how to create a twist on a regular standard. Chef Michael Giletto shows you a great recipe for Chicken Burgers.

INGREDIENTS

- 2 pounds boneless, skinless chicken breasts
- 1/2 tsp nutmeg
- 1 tsp garlic powder
- 1/4 tsp salt
- 1 1/2 tsp onion powder or 1/4 to 1/2 cup diced onion
- 1 cup bread crumbs
- 4-6 tbsp chicken broth or water
- pepper to taste
- hamburger buns
- choice of burger toppings

TOOLS

- large bowl
- non-stick frying pan
- non-stick spray

DIRECTIONS

1. Trim all visible fat from the chicken.
2. Cut the chicken into one to two inch pieces.
3. Coarsely chop the chicken by hand or in a food processor.
4. Put the chicken into a large bowl and add the spices, breadcrumbs and liquid.
5. Use your hands to thoroughly mix the ingredients. The mixture should hold together well but not be sticky.
6. Chill the mixture in the refrigerator for at least one hour.
7. Divide the mixture into 10 to 12 equal portions.
8. Form each portion into a ball. Flatten each ball-shape into patty 3/8 to a 1/2 -inch thick.
9. Heat a non-stick sprayed frying pan over medium-low heat until a drop of water sizzles and jumps in the pan.
10. Cook each patty 4 to 6 minutes per side, until there is no pink color in the center and the patties are slightly browned.

Did you know there's a free web video for this activity with step-by-step instructions?
See all the fun activities for kids at www.activitytv.com.



COOKING
CHICKEN BURGERS
www.activitytv.com

11. Add more non-stick spray as needed.
12. Assemble burgers by spreading condiments and toppings on the buns as desired.

Did you know there's a free web video for this activity with step-by-step instructions?
See all the fun activities for kids at www.activitytv.com.