

Savory CHICKEN BURGER

Noelle is a dietitian and mom of three boys. She has a passion for educating, inspiring, and supporting others to make the healthiest choices possible with the resources available. Noelle has a blog (motherhoodandmeals.com) where she shares recipes, nutrition tips, and snapshots of her journey through motherhood.

Noelle also has a private practice (www.nourishedbeginnings.ca) and teaches courses at a Brescia University College in Ontario, Canada.



Nutrition Facts	
servings per container	
Serving size	(211g)
Amount per serving	
Calories	220
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 120mg	40%
Sodium 150mg	7%
Total Carbohydrate 10g	4%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 37g	
Vitamin D 0mcg	0%
Calcium 14mg	2%
Iron 2mg	10%
Potassium 53mg	2%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Prep time: 10 Minutes
Cook time: 20-25 Minutes
Serves: 5-6 Burgers

INGREDIENTS:

- **2 pounds** extra lean ground chicken
- **½ cup** oats
- **½ cup NatureFresh™ Farms** Bell Peppers, any color, finely diced
- **½ cup** red onions, finely diced
- **2 tbsp.** roasted red pepper jelly OR sweet chili sauce
- **1** egg

NUTRITION NOTE:

These burgers offer a lower saturated fat version in comparison to traditional beef burgers. To add nutrient density to your meal, try serving them on top of a salad or crumbled into Long Sweet Pepper Boats.

STEPS:

- Wash Bell Peppers before cooking.
- Mix all ingredients together in a bowl.
- Shape ingredients into burger patties.
- Set barbecue temperature to medium heat.
- Put burger patties on the barbecue until they reach an internal temperature of 160 degrees F. You can place the burger patties on foil with a non-stick spray or directly on the grill.
- Serve with your choice of bun and sides



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