



# Green Chile Chicken Burgers

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Recipe Source: [www.marthastewart.com](http://www.marthastewart.com)

## Ingredients:

1 lb ground chicken  
1 tsp ground cumin  
2 (4 oz) cans diced green chiles, drained  
1 cup packed cilantro leaves, chopped, plus additional for serving  
Salt and black pepper  
4 whole wheat buns or English muffins, split  
1 beefsteak tomato, sliced into 1/2-inch thick slices  
Low-fat sour cream, green leaf lettuce, and Dijon mustard (optional), for serving

## Steps:

- Heat grill to medium-high. Combine chicken, cumin, chiles, chopped cilantro, 1/2 tsp salt, and 1/4 tsp black pepper in a large bowl. Shape mixture into 4 patties.
- Brush grill grates with oil and grill burgers, flipping once, until golden brown and a thermometer inserted into thickest parts registers 165°, about 8-10 minutes. Set burgers aside and cover to keep warm.
- Grill buns, cut sides down, just until toasted, about 1 minute.
- Serve burgers on buns with sliced tomato, remaining cilantro, lettuce, and a dollop of sour cream with Dijon, if desired

*Tips from the Test Kitchen: Ground turkey can be used in place of chicken. Fire-roasted green chiles add great flavor!*

**Nutritional Facts:** per serving Calories: 331, Carbohydrates: 34 grams, Protein: 26 grams, Total Fat: 11 grams, Saturated Fat: 3 grams, Cholesterol: 98 mg, Sodium: 541 mg, Fiber: 7 grams, Total Sugars: 6 grams.