

Chicken

Chicken Burgers

Cooking Light

Servings: 4

Preparation Time: 18 minutes

Start to Finish Time: 26 minutes

1 tablespoon capers, drained
2 shallots, trimmed and peeled
1 pound boneless/skinless chicken breast
1/4 teaspoon salt
1/4 teaspoon black pepper
cooking spray
4 whole-wheat hamburger buns
1/4 cup canola mayonnaise
4 green leaf lettuce leaves
8 plum tomato, slices
2 tablespoons Dijon mustard

Combine capers, shallots, chicken, salt and pepper in a food processor; process until finely ground. Divide chicken mixture into four equal portions; shape each into a 1/2-inch-thick patty.

Heat a large grill pan over medium-high heat. Coat pan with cooking spray. Add patties to pan; cook 5 minutes on each side.

Place bottom half of each bun on each plate; spread one tablespoon mayonnaise over each.

Top each burger with one lettuce leaf, one patty and two tomato slices. Spread 1 1/2 teaspoons mustard over each bun top, then top burgers.

Per Serving (excluding unknown items): 36 Calories; 1g Fat (16.1% calories from fat); 2g Protein; 7g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 258mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates.