

Chicken Onion Burgers

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Servings: 4

ONIONS

2 tablespoons olive oil

1 large sweet onion

salt

pepper

1/4 cup apple butter

BURGERS

1 pound chicken (or pork)

1/4 cup apple butter

1/4 cup bread crumbs

*2 tablespoons cilantro,
minced*

1/2 teaspoon cumin

1/2 teaspoon smoked

paprika

salt

pepper

*1 cup smoked Gouda
cheese, grated*

*4 hamburger buns (or 6
slider buns)*

Preparation Time: 25 minutes

Cook Time: 10 minutes

In a medium skillet, add the olive oil. Set over medium heat. Once the oil is hot, add the onions, then the salt and pepper to taste. Cook for 20 minutes or until the onions are soft and caramelized. Add in the apple butter. stir to combine. Keep warm on low heat while the burgers cook.

In a medium bowl, combine the chicken and apple butter. Add in just enough bread crumbs so that the meat holds together.

Add the cilantro, paprika and salt and pepper to taste. Mix together until combined. Form into four burgers or six sliders.

If cooking on a grill, preheat to medium and cook the burgers for 8 to 10 minutes until done. Top each burger with cheese and allow to melt.

If cooking in a pan, heat two tablespoons of oil over medium heat and cook the burgers on one side until brown. Flip and continue cooking until both sides are brown and the center is done. Top with cheese and let melt.

Place the cooked burgers on the buns with the apple butter onions.

Per Serving (excluding unknown items): 275 Calories; 15g Fat (49.2% calories from fat); 9g Protein; 27g Carbohydrate; 1g Dietary Fiber; 30mg Cholesterol; 303mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 2 1/2 Fat; 1 1/2 Other Carbohydrates.