

ASHLEY'S MEAL PREP MONDAY

CHICKEN BURGERS



1 lb ground chicken
1 cup grated cauliflower
1 cup grated carrots
optional 1/2 cup grated
cheese
1 large egg
3/4 cup breadcrumbs
1/2 cup minced onion
2 garlic cloves, minced
1/4 TSP paprika
1/2 TBSP-1 TBSP Italian
seasoning
1/2 TSP garlic powder
salt/pepper to taste

Buns and burger fixings
if that's what you're into

Preheat oven to 400 and line a baking sheet with foil
- spray with non-stick spray

Place all ingredients in a large bowl and mix well with
your hands. You gotta get up in there!

Divide into equal portions and shape into a patty
about the diameter of the bun you'll use (I opted for
lettuce wraps)

Place on the prepared sheet and
spray a coating of nonstick spray
on top

Bake for 25-ish minutes, depending
on the thickness of the burger

Cool on wire rack

