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Thai Chicken Burger

Ingredients:

1 lb. ground chicken breast
1/2 onion, diced
1/4 cup cilantro, sliced
1/4 cup oats
1 whole egg
1 tsp ginger, minced
1 tsp garlic, minced
1/4 cup natural peanut butter
1 tbsp light soy sauce
1/2 tsp powdered Stevia
1/2 tbsp lime juice
3 tbsp water

Directions:

1. In a large bowl, mix together the ginger, garlic, peanut butter, soy sauce, stevia, lime juice, and water. Divide into halves and set one half aside.
2. In another bowl, combine the ground chicken breast, onion, cilantro, oats, and egg. Stir in half the peanut sauce. Mix well and shape into four patties.
3. Place on grill and cook for about 5-6 minutes per side.
4. Serve with remaining sauce drizzled on top, along with your favorite side dish.

Nutrition Info:

Serving size: 1 burger
Recipe yields: 4
Calories: 255
Fat: 11 g
Carbs: 11 g
Protein: 33 g