



Moist and juicy, Sarah's Mediterranean Chicken Burgers are a healthy and delicious chicken alternative. Sarah Nasello / The Forum

Mediterranean Chicken Burgers

Ingredients:

- 1 pound ground chicken
- 1 medium yellow onion, finely chopped
- ½ cup fresh spinach, finely chopped
- ¼ cup grated Parmesan cheese
- 2 cloves garlic, minced
- 1 tablespoon fresh lemon juice
- 1 teaspoon dried oregano
- ¼ teaspoon crushed red pepper flakes
- 1 teaspoon kosher salt
- ½ teaspoon black pepper
- Greek Salad Salsa, as a topping (optional)

Directions:

In a large bowl, use your hands to mix all the burger ingredients together until fully combined.

The mixture will be soft and sticky, so place it in the refrigerator for 20 minutes to firm up before forming patties.

Preheat grill to medium-high heat (about 400 degrees Fahrenheit).

Divide the mixture into 4-6 equal mounds, and then shape into patties. Place the patties on a baking sheet lined with wax paper and use your thumb to create an indentation on the center of each patty. This will help ensure that the burgers cook evenly and retain their shape on the grill. Brush or drizzle the top of each patty with olive oil until lightly coated. Discard the wax paper once burgers are on the grill.

Use a brush or cloth to wipe the grill with vegetable oil, then place the patties on a hot grill and cook for about 4-5 minutes on each side, until an internal temperature of at least 165 degrees is achieved. For best results, use a meat thermometer for accuracy. To prevent the meat from sticking to the grill, let the patties cook for at least 3 minutes per side before lifting.

Once the burgers have reached the required temperature, remove from the grill and transfer to a plate or baking sheet lined with wax paper.

Scrape any remaining chicken from the grill. Slice buns in half and place them on the grill, cut side down, and grill until lightly toasted. Remove and spread Southwest sauce on the inside of the bun's top. Place a burger on the bottom half of each bun then top with Greek relish and your favorite toppings. Cover with top bun, serve and enjoy.

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"Home with the Lost Italian" is a weekly column written by Sarah Nasello featuring recipes by her husband, Tony Nasello. The couple owned Sarello's in Moorhead and lives in Fargo with their son, Giovanni. Readers can reach them at sarahnasello@gmail.com.