

Sweet Potato Chicken Burgers

Mixing shredded sweet potatoes into burger patties are a great way of adding Vitamin A and potassium to your meals! Vitamin A helps our eyes and skin stay strong and potassium helps our heart. Make a bulk batch and keep in the freezer for future days!

Ingredients:

- 1 pound ground chicken breast
- 1 small sweet potato, shredded
- 2 tablespoons BBQ sauce
- 1 teaspoons Worcestershire sauce
- 1 small or ½ medium yellow onion, diced
- 2 cloves garlic, minced
- ½ teaspoon cumin
- 1/8 teaspoon black pepper
- 4 slices cheddar cheese, reduced fat
- 4 whole wheat burger buns



Directions:

1. In a large bowl, mix together chicken, shredded sweet potato, BBQ sauce, Worcestershire sauce, onion, garlic, cumin, and black pepper until well combined.
2. Divide into 4 equal portions and shape into ½ inch patties.
3. Heat a large pan over medium-high heat and cook each side for 5-8 min until cooked through. Place a slice of cheese on top of each burger a few minutes before taking them off the pan.
4. If there's room in the pan, split buns and toast in the pan for ~1 minute.
5. Place each patty on a bun and decorate with veggies of your choosing: lettuce, tomato, onion, extra BBQ sauce etc. Serve and enjoy!

Yield: 5 chicken burgers

Nutrition Facts:

322 Calories; 6 g Fat (3 g Saturated Fat; 0 g Trans Fat); 64 mg Cholesterol; 61 mg Sodium; 34 g Carbohydrate (4 g Fiber, 8 g Sugar, 36 g Added Sugar); 25 g Protein; 26% Daily Value (DV) Vitamin A; 4% DV Vitamin C; 0% DV Vitamin D; 18% DV Calcium; 14% DV Iron; 5% DV Potassium