



Feta-Stuffed Chicken Burgers

main meals

POINTS® Value: 5
Servings: 4
Preparation Time: 15 min
Cooking Time: 16 min
Level of Difficulty: Easy

Salty feta cheese adds a kick to these poultry-based burgers. Other Greek ingredients like olives and roasted peppers add more great flavor.

Ingredients

- 1 pound uncooked ground chicken breast
- 1 Tbsp fresh oregano
- 1/4 tsp garlic powder
- 7 Tbsp feta cheese, crumbled
- 4 reduced-calorie hamburger roll(s)
- 1 cup lettuce, romaine, cut into thick strips
- 2/3 cup roasted red peppers, sliced (without oil)
- 5 small olive(s), black, sliced (about 4 tsp)

Instructions

Preheat grill or broiler.

In a medium bowl, combine chicken, oregano, garlic powder and feta; divide mixture into four balls and then press them gently into patties.

Grill or broil patties until internal temperature of burgers reaches 165°F, about 7 to 8 minutes per side.

Serve each burger on a bun with 1/4 of lettuce, 1/4 of peppers and 1 teaspoon of olives. Yields 1 burger per serving.