

Green Chicken Sliders

7 ingredients · 30 minutes · 4 servings



Directions

1. Combine all ingredients except the lettuce in a bowl and mix well. Form the mixture into even sliders, about 3 inches in diameter, and set aside.
2. Preheat grill to medium heat.
3. Cook the sliders for about 8 to 10 minutes per side, or until cooked through.
4. Serve patties in a lettuce wrap with your toppings of choice. Enjoy!

Notes

Serving Size

One serving is equal to two sliders.

More Carbs

Serve on a bun or on top of rice.

Topping Ideas

Mustard, cheese, pickles, tomato, lettuce, onion, avocado, sour cream or plain Greek yogurt.

Leftovers

These keep well in an airtight container in the fridge up to three days or freeze for up to three months.

Ingredients

1 lb Extra Lean Ground Chicken

1 tsp Oregano (dried)

3/4 tsp Sea Salt

2 cups Kale Leaves (very finely chopped)

2 cups Broccoli (very finely chopped)

1 tbsp Extra Virgin Olive Oil

1 head Boston Lettuce

Nutrition

Amount per serving

Calories	226	Cholesterol	98mg
Fat	13g	Sodium	553mg
Carbs	6g	Vitamin A	3600IU
Fiber	2g	Vitamin C	45mg
Sugar	1g	Calcium	73mg
Protein	22g	Iron	2mg