



Healthy Eating & Clean Cooking

By: *Jessika Morgan*

Chicken Burger Sliders

Healthy, hearty bites for game day and every day!

Ingredients:

- 1 ¼ pounds ground turkey or chicken meat
- ¼ cup fresh cilantro (1 tablespoon tube)
- 1 green onion
- 2 teaspoons fresh ginger (1/2 teaspoon dry)
- 1 teaspoon sesame oil
- ¼ teaspoon crushed red pepper
- ¼ teaspoon salt

Instructions:

Mix all ingredients by hand in a bowl. Form meat mixture into four equal patties (8 if making mini sliders) and let set overnight in the refrigerator. Grill or pan cook the next day.

Add-ons:

A clean coleslaw and sweet potato fries are an amazing match to this fresh, clean dish...

*Why ginger? Ginger is a natural mood enhancing metabolism boosting spice...not to mention it neutralizes acids in your stomach, helping other nutrients to be absorbed properly.