



Chicken Apple Burger with Roasted Broccoli

Prep Time: 10 min

Cook Time: 30 min

Serves: 4

NUTRITION FACTS, PER SERVING:

385 calories

12 g total fat

485 mg sodium



INGREDIENTS: **** Items not included in kit**

- 2 apples
- 1 cup panko bread crumbs
- 1 TB rotisserie chicken seasoning
- 1/4 cup celery, finely diced
- 1/4 cup onion, finely diced
- 1.5 lbs. ground chicken
- 4 hamburger buns
- 1/2 cup cranberry sauce
- Lettuce leaves
- 1 lb. broccoli florets
- 2 TB olive oil**
- Salt & Pepper, to taste**
- Non-stick cooking spray**
- 1/4 cup parmesan cheese

DIRECTIONS:

1. Preheat oven to 425 degrees.
2. **Thinly slice one apple.** Peel and coarsely **grate the other apple** into shreds.
3. In medium bowl, stir **grated apple, 1 cup breadcrumbs, 1 TB rotisserie chicken seasoning,, 1/4 tsp black pepper, and diced onions & celery** until blended. Mix in **ground chicken** until just combined. Shape mixture into burger patties.
4. Preheat grill or indoor grill pan to medium-high heat until hot. Place **chicken burgers** on grill pan/grill; cook 15 minutes or until chicken is no longer pink in color, turning over once after 8 minutes **OR** place on a sheet pan sprayed with **non-stick cooking spray** and bake at 425 degrees for 12 minutes, then turn over and bake for an additional 10 minutes, until chicken burger is cooked through.
5. On a baking sheet coated with **non-stick spray**, toss **broccoli with 2 TB olive oil, pinch of salt and 1/4 tsp black pepper.** Spread out into an even layer and roast for 15 minutes. Remove pan from oven and sprinkle **parmesan cheese** over broccoli. Return to oven for 2 to 3 minutes to melt the cheese.
6. Serve cooked burgers on toasted **buns** with **apple slices, lettuce** and **cranberry sauce** with a side of roasted broccoli.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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