

A BETTER-FOR-YOU BURGER

BY CATHERINE NEVILLE

Yield: 4 burgers

- 1 1/2 lbs boneless, skinless chicken breasts and thighs
- 4 cloves garlic, minced
- 1 Tbsp minced ginger
- 1 serrano pepper, minced
- 2 to 3 Tbsp soy sauce
- 3 Tbsp sweet chile sauce, divided
- 1 egg, whisked
- 1 to 2 Tbsp panko
- 1 cup Greek yogurt
- 1 Tbsp fermented chile-garlic sauce
- 3 Tbsp minced cilantro
- 4 pretzel buns
- Thinly sliced red onion
- Butter lettuce

| Preparation | Cut chicken into 1- to 2-inch chunks and add to the bowl of a food processor along with the garlic and ginger. Pulse to shred the chicken, being sure to not over-process. You want the chicken to have a texture similar to ground beef. Turn chicken-ginger mixture into a bowl and add serrano pepper, soy sauce and 2 tablespoons of the sweet chile sauce. Mix with your hands until well combined. Mix in egg and panko. Form chicken mixture into patties and allow to rest for 10 to 15 minutes.

Add a couple tablespoons of neutral oil to a non-stick pan and sear the burgers over medium-high heat until caramelized on both sides, and turn down the heat to medium, put on the lid, and allow to cook through.

While patties are cooking, mix the yogurt with chile-garlic and remaining 1 tablespoon of sweet chile sauce and cilantro to taste. Once chicken patties are cooked through, build your burger, topping the patties with yogurt spread, slices of red onion and leaves of butter lettuce.