

DINNER

Chicken-Cheese Burgers

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	8	\$1.87	295 kcal

The recipe Chicken-Cheese Burgers could satisfy your American craving in around 45 minutes. One serving contains 295 calories, 32g of protein, and 11g of fat. This recipe serves 8 and costs \$1.87 per serving. Head to the store and pick up onion buns, to 4 green onions, pepper, and a few other things...

Ingredients

- ☐ 1 pound skinned and boned chicken breasts, cut into 2-inch pieces
- ☐ 1 large egg, lightly beaten
- ☐ ½ teaspoon garlic powder
- ☐ 8 servings Lemon Mayonnaise
- ☐ 8 slices mozzarella cheese slices
- ☐ ¾ teaspoon pepper
- ☐ 10 saltine crackers, finely crushed
- ☐ 1 pound skinned and boned chicken thighs, cut into 2-inch pieces
- ☐ 1 teaspoon fresh or dried rosemary
- ☐ ½ cup to 4 green onions, sliced (about
- ☐ 8 servings Lettuce leaves
- ☐ 8 onion buns, split
- ☐ 2½ teaspoons salt
- ☐ 1 slices Tomato

EQUIPMENT Food processor, Bowl, Frying pan

Method

- 1

Process chicken in a food processor until consistency of ground beef; spoon into a large bowl.
- 2

Add egg and next 6 ingredients to ground chicken in bowl; stir until blended. Shape chicken mixture into 8 patties (about 6 ounces each). Chill 30 minutes or until firm.

- 3 Cook chicken patties, in batches, in a lightly greased nonstick skillet over medium-high heat 5 to 7 minutes on each side or until done. Top each patty with 1 cheese slice. Cover and cook 1 minute or until cheese melts.
- 4 Top bottom halves of buns with tomato slices.
- 5 Spread Lemon Mayonnaise evenly on tomato slices. Top with chicken patties and lettuce, and cover with tops of buns.

Nutrition per serving

295
KCAL

32 g
PROTEIN

11 g
FAT

16 g
CARBS

Saturated Fat	4.9 g · 31% of daily needs
Fibre	2.7 g · 11% of daily needs
Sugar	5.7 g · 6% of daily needs
Sodium	1,077 mg · 47% of daily needs
Cholesterol	136 mg · 45% of daily needs
Vitamin C	18.5 mg · 22% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/chicken-cheese-burgers-148422