

Chicken Parmesan Burgers

Serves 4

Burgers:

1 lb. ground chicken (I used breast meat)

1/4 cup grated parmesan cheese

1/4 cup plain bread crumbs

2 tsp. Italian seasoning

1/4 cup chopped flatleaf parsley

1 clove garlic, finely minced or pressed

1 shallot, finely diced

salt and pepper

1/2 cup pasta sauce

4 slices mozzarella or provolone (or 1/2 cup shredded)

sautéed mushrooms (optional)

4 buns (brushed with a little garlic butter, they are even better)

Lightly mix together all the ingredients for the burgers. Form into 4 patties. I like to make them about 30-40 minutes ahead of time, to let the flavors meld a little bit.

Preheat & spray the broiler with a little oil (or use the grill, or a pan). Broil the burgers for about 4 minutes on the first side, then flip and broil for 3 minutes.

Top each chicken burger with 2 Tbsp. pasta sauce and a slice (or about 2T) of cheese. Place back under the broiler for 30-60 seconds, until cheese is melted and burger is cooked through. Top with mushrooms, if desired.

Place the buns in the broiler for about 10 seconds, just until toasted.