

Chicken Taco Burgers

Makes 4 burgers

1 - 1.25 lb. ground chicken
1/3 cup sliced scallions
1.5 tsp. chili powder
3/4 tsp. cumin
1/2 tsp. oregano
1/2 tsp. paprika
1/8 tsp. cayenne
2 Tbsp. chopped parsley
2 cloves pressed garlic
2 Tbsp. cornmeal
2 oz. cheese of your preference, shredded or thinly sliced
buns and your favorite toppings for serving (we had avocado and some light sour cream that I mixed with adobo sauce)

Lightly mix together the first 9 ingredients (through cornmeal) and salt to taste (about 3/4 tsp.). Divide the mixture into 8 patties. Place cheese on top of 4 of the patties, and then place the other 4 patties on top of the ones with cheese, leaving a border around the cheese. Press the edges together to make 4 total patties.

Grill or pan-fry the burgers until cooked through, about 4-5 minutes per side. Place on buns and serve with your favorite toppings.