

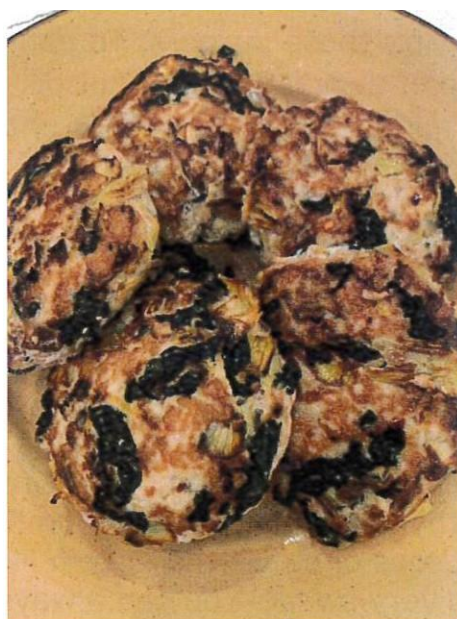


SPINACH-ARTICHOKE CHICKEN BURGERS

By Dr. Cindy Tanzar
(Standard/Maintenance)

This recipe is a delicious alternative to traditional beef burgers. Chicken burgers can dry out easily, but these flavorful burgers stay nice and juicy when combined with the sauteed vegetables. You can enjoy them in a lettuce leaf with red onion and tomato or by themselves - both with either a little Dijon mustard or the Genesis Honey Mustard Dressing recipe (below).

This recipe makes 5 good size burgers. One burger covers your protein and 1/3 cup cooked or 1/2 cup raw vegetable for one serving.



INGREDIENTS

- 1 small onion, minced
- 4 large cloves garlic, minced
- 3 oz. fresh spinach, chopped
- 1 Tbsp avocado or coconut oil
- 1 Tbsp Kerry Gold butter (or can skip butter and use 2 Tbsp oil)
- 1/2 cup canned artichoke hearts, chopped



1lb. ground chicken
Zest of 1 lemon
1 Tbsp nutritional yeast (optional but good flavor)
1/4- 1/2 tsp crushed red pepper, depending on desired heat
1 tsp. Pink Himalayan salt
Black pepper, to taste

INSTRUCTIONS

Prepare the vegetables. Heat a skillet over medium heat, then add the oil and butter (or just oil). Add the onions and sauté until soft, then add the garlic and cook 30 seconds. Add in the spinach, stirring until it wilts, then add the artichoke, stirring for 1 minute.

Set the spinach mixture aside to cool. In a large bowl, add the ground chicken, lemon zest, nutritional yeast, crushed red pepper, sea salt and black pepper. Add the spinach mixture and mix well with your hands to combine.

Form the mixture into 5 patties (can wet hands lightly if it's too sticky).

You can either grill or pan-fry these burgers. To pan-fry, heat skillet over medium heat. Add 1 Tbsp of avocado or coconut oil. When hot, add the burgers, cooking for 4- 5 minutes on each side or until cooked through. They will be golden brown. Avoid overcooking.

If grilling, heat grill on medium heat and cook about 4-5 minutes on each side or until cooked through.

"HONEY" MUSTARD DRESSING

This popular dressing/sauce is frequently requested by our clients. It just goes so well with so many things ... salads, sausages, burgers, chicken, etc. This recipe is so simple and can be made in just 5 minutes. Bump it up a notch with our GHS Healthy Mayonnaise recipe (on Facebook Client Page under "Files"). Eighteen drops of stevia may seem like a lot, but you are replacing honey, which is very sweet. You can always cut your stevia to 9 drops, taste it and add more to your liking. One serving equals two Tablespoons and covers your fat for one meal.



INGREDIENTS

1/2 cup mayonnaise (GHS Healthy Mayonnaise, Hellman's Organic or Primal Kitchen mayo)

1 Tbsp Bragg's Apple Cider Vinegar

1 Tbsp yellow mustard

2 tsp Dijon mustard

1 tsp garlic powder

1/2 tsp smoked paprika

18 drops liquid stevia (or to taste)

INSTRUCTIONS

Whisk all ingredients together in a small bowl. Best refrigerated at least two hours.