



Tandoori Chicken Burgers

Ingredients:

- ¼ cup fine dry bread crumbs
- 2 teaspoon garam masala
- ¼ teaspoon salt
- ¼ teaspoon ground red pepper
- 1 pound uncooked ground chicken
- 2 tablespoons plain yogurt
- 4 seeded hamburger buns or Kaiser rolls, split and toasted
- 1 recipe Minty Cucumbers (see recipe below)
- Kale or lettuce

Directions:

- In a bowl combine bread crumbs, garam masala, salt, and ground red pepper. Add chicken and yogurt; mix well. Shape the chicken mixture into four ¾ inch-thick patties.
- For a charcoal grill, grill burgers on the rack of an uncovered grill directly over medium coals for 14 to 18 minutes or until no longer pink (165 degree F), turning once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place burgers on grill rack over heat. Cover and grill as above.) Remove burgers from grill. Serve burgers on toasted buns with Minty Cucumbers and kale or lettuce..
- Minty Cucumbers: In a small bowl combine 1 cup thinly sliced cucumber; ½ cup thinly sliced red onion, ¼ cup snipped fresh mint, 1 tablespoon balsamic vinaigrette, and ¼ teaspoon salt.

Yield: 4 servings

Nutritional Information: Calories 383, Total Fat 13g, Sodium 841mg, Carbohydrate 37g, Fiber 2g, Protein 27g

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.