


ROSE REISMAN RECIPE

@rosereisman  

Source: *The Best of Rose Reisman*
(Whitecap Books) By: Rose Reisman
Photo: Mike McColl



Make ahead - Prepare the burgers up to a day in advance. Cook just before serving.

NUTRITIONAL INFORMATION PER SERVING

Calories 304
Carbohydrates 3.5g
Fibre 0.6g
Protein 23.7g
Total fat 20.8g
Saturated fat 7.6g
Cholesterol 100mg
Sodium 361mg

California Grilled Chicken Pesto Burgers

 Prep 15 min, Cooking 16 min

Summer is finally here and so is the long-awaited barbecue season. If you want to make a delicious and healthy burger, you have to try my take on this outstanding favourite with West Coast-inspired flavours.

Ground chicken has fewer calories, fat and cholesterol than beef; it also has a lighter flavour and texture, making it perfect for the lazy days of summer. The pesto and monterey jack cheese add a subtle tangy taste. When barbecuing, always be careful not to char the meat.

1 lb ground white and dark ground chicken or turkey
1 egg
1/3 cup seasoned dry bread crumbs
2 tbsp pesto sauce
2 tsp crushed garlic
3 Tbsp minced green onions
1 pinch of salt and pepper
4 thin slices monterey jack or aged cheddar cheese (about 1 oz)
1/4 cup diced avocado

4 slices ripe tomatoes
8 basil leaves (optional)

1. Combine the chicken, egg, bread-crumbs, pesto, garlic, green onions, and salt and pepper. Form into 4 burgers. Either grill or bake at 425 F until no longer pink, about 8 minutes per side. Add the cheese and cook just until melted.

2. Garnish with avocado, tomatoes and basil leaves.

MAKES 4 SERVINGS