

Kickin Chicken Patties



PREP TIME:
15 MINUTES

COOK TIME:
10 MINUTES

TOTAL TIME:
25 MINUTES

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Recipe type: Gluten Free / Dairy Free

Yield: 12-13 Medium Size Patties (or double quantity if doing mini size for an appetizer)

Ingredients:

- 1 lb. Organic Ground Chicken
- 1 Medium Zucchini, ends removed – Shredded in Mini Food Processor – Squeeze out Water
- 1 Cup Organic Baby Spinach – Finely Chopped
- ½ Cup Gluten Free Breadcrumbs
- 2-3 Garlic Cloves Minced
- 2 TBSP Red Onion Minced
- 1 TSP Himalayan Sea Salt
- 1 TSP Cumin
- ½ TSP Garlic Powder
- ½ TSP Onion Powder
- ½ TSP Italian Seasoning
- ¼ TSP Cracked Black Pepper
- ¼ TSP Cayenne - Optional
- 2 TBSP Olive Oil

Instructions:

1. In a large bowl, combine all ingredients (minus the olive oil).
2. Form patties to be around 2-3 inches wide – size varies dependent upon use - sandwiches/wraps or making mini version for an appetizer dish.
3. Coat medium/large size frying pan with 1 TBSP olive oil. (save 2nd TBSP for next batch)
4. Heat oil on medium-high – make sure get a bit of sizzle once dropping patties into pan.
5. Add patties to pan and do not overcrowd the pan. Cook one side 5-6 minutes.
6. Turn heat down if pan starts getting too hot. Turn-over & cook another 4-5 minutes.
7. **Suggested Serving Sauces:** [Fast & Healthy Sriracha Sauce](#), Honey Mustard, Hummus

***Try and use all organic ingredients if possible.**

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