



Green Chicken Sliders

4 servings

30 minutes

Ingredients

- 1 lb Organic Ground Chicken
- 1 tsp Oregano (dried)
- 3/4 tsp Sea Salt
- 1 cup Kale Leaves (very finely chopped)
- 1 cup Broccoli (very finely chopped)
- 1 tbsp Extra Virgin Olive Oil
- 1 head Boston Lettuce

Directions

- 1 Combine all ingredients except the lettuce in a bowl and mix well. Form the mixture into even sliders, about 3 inches in diameter, and set aside.
- 2 Preheat grill to medium heat.
- 3 Cook the sliders for about 8 to 10 minutes per side, or until cooked through.
- 4 Serve patties in a lettuce wrap with your toppings of choice. Enjoy!

Notes

Serving Size: One serving is equal to two sliders.

More Carbs: Serve on a bun or on top of rice.

Topping Ideas: Mustard, cheese, pickles, tomato, lettuce, onion, avocado, sour cream or plain Greek yogurt.

Leftovers: These keep well in an airtight container in the fridge up to three days or freeze for up to three months.