



Green Chicken Sliders

4 servings

30 minutes

Ingredients

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

Nutrition

Amount per serving	
Calories	226
Fat	13g
Saturated	3g
Polyunsaturated	2g
Monounsaturated	7g
Carbs	6g
Fiber	2g
Sugar	1g
Protein	22g

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.