



Air-Fryer Asian Chicken Burgers



1/2 of recipe (1 patty): 192 calories, 1.5g total fat (<0.5g sat. fat), 412mg sodium, 13g carbs, 0.5g fiber, 8.5g sugars, 26g protein

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Prep: 5 minutes **Cook:** 15 minutes



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Ingredients

8 oz. raw extra-lean ground chicken (at least 98% lean)
1/4 cup canned sliced water chestnuts, drained and chopped
1/4 cup chopped scallions, or more for topping
2 tbsp. sweet chili sauce, or more for topping
1/4 tsp. garlic powder
1/4 tsp. onion powder
Dash salt
Serving suggestions: whole-wheat bun, lettuce bun, cabbage bun

Directions

Combine all ingredients in a medium-large bowl. Mix thoroughly. Evenly form into 2 patties, each about 1/2-inch thick.

Spray air fryer basket with nonstick spray. Add patties in a single layer. Set temperature to 392 degrees (or the nearest degree on your air fryer). Cook for 12 minutes, or until cooked through.

MAKES 2 SERVINGS

Oven Alternative: Bake at 400 degrees until golden brown, 14 - 16 minutes, carefully flipping halfway through.

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