



Sweet Potato Chicken Burger

2012 Sweet Rewards Recipe Contest Grand Prize Winner

Ingredients:

- 1 Pound ground chicken, white meat only
- 1 Cup finely shredded sweet potato (about 1 medium)
- 2 Tablespoons chopped cilantro
- ½ Teaspoon salt
- ½ Teaspoon garlic powder
- ½ Teaspoon ground cinnamon
- ½ Teaspoon ground coriander
- ½ Teaspoon paprika
- ¼ Teaspoon ground cumin
- 1 Tablespoon vegetable oil
- 4 Hamburger buns or Kaiser rolls
- 1 Cup fresh spinach
- 1 Cilantro leaves
- 1 Medium tomato, sliced

Apricot Ketchup

- ¼ Cup ketchup
- 2 Tablespoons apricot preserves
- ½ Teaspoon paprika
- ¼ Teaspoon ground cinnamon
- ¼ Teaspoon ground cumin
- ¼ Teaspoon ground coriander

Instructions:

In a medium bowl, combine chicken, sweet potato, cilantro, salt, garlic powder, cinnamon, coriander, paprika and cumin. Form mixture into 4 (¾-inch thick) patties. In a large nonstick skillet, heat oil over medium heat. Add patties and cook 5 to 6 minutes per side or until an instant-read thermometer inserted into the center reads 160 degrees. Serve patties on buns topped with spinach, cilantro, tomato slices and Apricot Ketchup.

Apricot Ketchup

In a small bowl, combine all ingredients.

Serving Size: 4

Cook Time: 30 minutes

Categories:

Sweet Rewards Recipes

Main Dish

Tailgate

Wraps/Burgers

Chicken

Credits:

Sugiyarti Jorgenson

Kodia, AK