

# Chicken Burgers with Peanut Sauce

SOURCE: AOL's Cooking Light- 06/06/03 - Asst Food Editor Ann Taylor Pittman

## INGREDIENTS:

### Sauce:

2 TBS peanut butter  
2 tsp low-sodium soy sauce  
1 1/2 tsp dark sesame oil  
1 tsp water  
1 tsp rice vinegar  
1 garlic clove, minced

### Burgers:

1/2 C finely chopped green onions  
1 TBS Chile paste with garlic  
2 tsp grated/peeled fresh ginger  
2 tsp low-sodium soy sauce  
1/4 tsp salt  
1 lb skinless, boneless chicken breast, chopped  
Cooking spray  
4 (2-oz) sandwich rolls with sesame seeds  
1 C onion sprouts OR alfalfa sprouts

## INSTRUCTIONS:

**Sauce:** combine first 6 ingredients, stirring with a whisk until smooth.

**Burgers:** Prepare grill - place onions + next 5 ingredients (onions through chicken) in food processor; process till coarsely ground. Divide mixture into 4 equal portions, shaping each into a 1/2"-thick patty - place patties on grill rack coated with cooking spray; grill 4 minutes on each side or till done. Place rolls, cut sides down, on grill rack; grill 1 minute or till toasted. Place 1 patty on bottom half of each roll; top each serving with 1/4 C sprouts, about 1 TBS sauce + top half of roll.

YIELD: 4 servings

[NUTRITIONAL INFO: CALORIES 341 (28% from fat); FAT 10.6g (sat 3.2g, mono 3.5g, poly 3.3g); PROTEIN 28.5g; CARB 32.8g; FIBER 2.5g; CHOL 49mg; IRON 2.7mg; SODIUM 769mg; CALC 67mg]