



# Veggie Filled Chicken Burgers

## Ingredients:

2 lbs. ground white-meat chicken  
1 zucchini, finely chopped  
1/2 onion, chopped  
1 red bell pepper, finely chopped  
1 handful of fresh parsley, roughly chopped  
1 tsp garlic powder  
1 tsp onion powder  
1 TBSP olive oil

## Directions:

1. Preheat oven to broil
2. In heated oiled pan, place onions, garlic and bell peppers and sauté about 3 minutes; add remaining vegetables and cook until soft; shut stove and put vegetable aside
3. Place parries on sprayed cooking dish or tin; broil on each side for ~5-6 minutes (or until middle is no longer pink)
4. Serve alone, in a salad, or on a bun
5. Enjoy!

Note: This is a great recipe for new eaters who are practicing their pincer grasp!

## Cookware needed:

Oven safe cooking dish or tin  
1 medium pan

Cost: \$ \$

Ease: 

**Health Benefit:** This meal provides you with tons of protein and fiber to help keep you and your family fuller for longer!

Bolognese is one of the easiest and fastest ways to feed a large family (and still have leftovers)! It is also my personal favorite way to pack in lots of vegetables for a fiber-filled meal. Eat it over a grain of your choice, and you have yourself a delicious, nutritious, and filling dish!

## Substitutions:

1. You can substitute any type of ground meat or poultry of preference or whatever you have on hand.