

# Chicken Satay Burgers

---

*If you love chicken satay served at Thai restaurants, you are going to love this burger. The peanut butter mixed in with the chopped chicken makes it moist and delicious. The cucumber topping is sweet and crunchy. It has the right amount of everything to make your backyard barbecue special and different.*

1	cucumber, peeled, seeded and diced	3	Tablespoons	soy sauce	
1/3	cup	red onion, diced	1/4	cup	peanut butter
1/4	cup	rice vinegar	1	Tablespoon	chives, snipped
2	Tablespoons	sugar	2	grindings	black pepper, freshly ground
1/4	cup	fresh mint, chiffonade	2	cups	romaine lettuce, chiffonade
3	cloves	garlic	8		Hamburger buns toasted
3	Tablespoons	fresh ginger	4	Tablespoons	mayonnaise
2	pounds	chicken thighs skinless, boneless	8	sprays	Cooking spray

- 1 Make cucumber salsa by combining the cucumber, red onion, rice vinegar, sugar and mint in a bowl. Stir and set aside.
- 2 Place garlic cloves and peeled fresh ginger in the bowl of a food processor and process until minced. Add chicken thighs and pulse until the chicken is chopped - think ground beef consistency. Add peanut butter, soy sauce, chives and pepper to bowl and pulse a couple times to stir. Form the chicken mixture into eight burger patties and place on a baking sheet. Refrigerate until ready to use.
- 3 Heat grill to medium and coat grill rack with plenty of oil or line grill rack with foil. Spray top of chicken patty with canola or olive spray. Place sprayed side down on the grill. Cook for 5 minutes or until charred and meat is set. Spray top of patties, flip and cook on remaining side until semi-firm when pressed with finger, but not rock hard. While burgers are cooking, toast buns.
- 4 Spread mayo on top bun and top with shredded lettuce. Place burgers on bottom buns. Add cucumber salsa. Cover with lettuce topped bun and enjoy!

Servings: 8

Preparation Time: 15 minutes

Cooking Time: 8 minutes

Total Time: 23 minutes

## Nutrition Facts

---

Nutrition (per serving): 368 calories, 116 calories from fat, 13.6g total fat, 96mg cholesterol, 621.1mg sodium, 528.8mg potassium, 34.2g carbohydrates, 2.3g fiber, 7.9g sugar, 29.4g protein.

## Source

---

Author: Patricia K. Rose, July 2014

