

# Mediterranean Chicken Burgers

## INGREDIENTS:

- 2 lb ground chicken or turkey
- ¼ cup red onion, minced
- ¼ cup sun-dried tomatoes, minced
- 2 oz. fresh spinach, chopped
- 1 tsp. dried oregano
- 1 garlic clove, minced
- ½ cup almond meal
- 1 egg
- Sea salt and freshly ground pepper to taste

## Dill and Garlic Mayonnaise

- ½ cup mayo
- 2 tsp. Dill
- 1 T Dijon mustard
- 1 garlic clove, minced
- 2 T freshly squeezed lemon juice
- Sea salt and freshly ground pepper to taste

## PROCESS:

- Combine all ingredients for the mayonnaise in a bowl and stir until well blended.
- Place sauce in the fridge until ready to serve.
- In a bowl, combine ground chicken, onion, sun-dried tomatoes, spinach, oregano, garlic, almond meal, egg, and salt & pepper.
- Form the chicken mixture into evenly sized patties.
- Melt cooking fat in a skillet over high heat and add the patties.
- Cook patties 5 to 6 minutes per side or until no longer pink.
- Serve the patties topped with the mayonnaise and your favorite toppings.

ENJOY!

From: [Paleoleap.com](http://Paleoleap.com)

