

Healthy Avocado Chicken Burgers - Packed with Flavor, Not Guilt

Avocado Chicken Burger Recipe



TIME
15 min

TEMP
165°F

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Recipe Card

SAVE
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INGREDIENTS

For the Chicken Patties:

- ½ lb (225g) ground chicken
- 1 small avocado, mashed
- ¼ cup breadcrumbs (panko or whole wheat)
- 1 clove garlic, minced
- 1 tbsp lime juice
- ½ tsp salt
- ½ tsp black pepper
- ½ tsp smoked paprika
- ½ tsp cumin

1 tbsp chopped cilantro (optional)

1 tbsp olive oil (for cooking)

For the Burger Assembly:

2-3 burger buns (brioche, whole wheat, or gluten-free)

1 avocado, sliced

2 tbsp mayonnaise

¼ tsp lime juice

1 small tomato, sliced

¼ red onion, thinly sliced

Lettuce leaves

For the Spicy Mayo (Optional):

¼ cup mayonnaise

1 tsp sriracha or hot sauce

½ tsp garlic powder

1/2 tsp lime juice

DIRECTIONS

1. Prepare the Chicken Patties: In a medium bowl, combine ground chicken, mashed avocado, breadcrumbs, garlic, lime juice, salt, pepper, paprika, cumin, and cilantro.
2. Form into 2-3 patties and refrigerate for 15 minutes to help them hold their shape.
3. Cook the Patties: Heat olive oil in a skillet over medium heat. Cook each patty for 4-5 minutes per side, until golden and cooked through (internal temp should be 165°F/74°C). Want melty cheese? Add a slice during the last minute of cooking and cover.
4. Toast the Buns & Make the Sauce: Lightly toast the burger buns in a dry skillet or oven. Mix mayonnaise and lime juice for a tangy spread, or stir together ingredients for the spicy mayo version.
5. Assemble the Burgers: Spread your sauce on each bun. Layer with lettuce, tomato, sliced avocado, red onion, and the cooked chicken patty. Top with the other bun and press lightly.
6. Serve and Enjoy: Serve warm with your favorite sides like grilled veggies or sweet potato fries. For a no-bake dessert, try Ice Cream Sandwich Cake!

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/healthy-avocado-chicken-burgers-packed-with-flavor-not-guilt/>