

Easy and Delicious Chicken Burgers with a Cheesy Twist

White Cheddar Spinach Chicken Burgers



TIME
3-4 min

TEMP
165°F

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INGREDIENTS

1.5 lbs boneless, skinless chicken breasts, diced
1 cup chopped onion
1 cup chopped spinach
1/2 cup grated white cheddar cheese
1/4 cup breadcrumbs
2 large eggs, beaten
1 tablespoon olive oil
Salt and black pepper to taste
4 burger buns
Lettuce
Tomato slices
Optional toppings: mayonnaise, ketchup, mustard

DIRECTIONS

- 1.** Prepare the : Chicken: If you're using chicken breasts, a food processor is the fastest way to get them to a ground consistency. Pulse the diced chicken until it is a coarse grind.
- 2.** Combine the : Ingredients: In a large bowl, combine the ground chicken, chopped onion, chopped spinach, grated white cheddar cheese, breadcrumbs, and beaten eggs. Season generously with salt and black pepper. Use your hands to gently mix everything together until it is just combined. Be careful not to overwork the meat.
- 3.** Form the : Patties: Divide the mixture into 4 equal portions and form them into patties, about 3/4-inch thick.
- 4.** Cook the : Burgers: Heat the olive oil in a large skillet over medium heat. Carefully place the chicken patties in the hot skillet. Cook for 3-4 minutes per side, or until the patties are cooked through and no longer pink inside. The internal temperature should be 165°F (74°C).
- 5.** Warm the : Buns: While the burgers are cooking, you can warm the burger buns in a toaster oven or a dry pan for a minute or two.
- 6.** Assemble and : Serve: Place a chicken patty on each warm bun. Top with fresh lettuce, tomato slices, and your desired condiments. Serve immediately and enjoy!

SWAPS & NOTES

Chicken: Boneless, skinless chicken breasts are what this

recipe calls for, but you can also use ground chicken if you can find it.

If you use diced chicken, a food processor is your best friend for a quick and easy grind.

Spinach: You can use frozen spinach, just be sure to thaw it and

squeeze out all of the excess water before you add it to the mix.

Cheese: White cheddar cheese is perfect for its sharp, savory flavor.

TIPS FOR SUCCESS

Don't Overwork the Meat: Gently mixing the ingredients is key to a juicy and tender burger.

Overworking the meat can make it tough.

Use a Food Processor: If you're starting with chicken breasts, a food processor makes quick work of grinding the chicken.

Don't Press: Avoid pressing down on the burgers with a spatula while they cook, as this will squeeze out all the delicious juices.

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

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