

White Cheddar and Spinach Chicken Burgers: Juicy, Flavor-Packed, and Easy to Make

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**WHITE CHEDDAR AND
SPINACH CHICKEN BURGERS**

You Will Need

1 lb ground chicken
1 cup fresh spinach, finely chopped
1/2 cup shredded white cheddar cheese

TIME

15 to 20 min

TEMP

165°F

PRINT

Recipe Card

SAVE

PDF

INGREDIENTS

1 pound ground chicken
1 cup fresh spinach, finely chopped
1/2 cup shredded white cheddar cheese
1/4 cup breadcrumbs
1/4 cup finely chopped onion
2 garlic cloves, minced
1 tablespoon Dijon mustard
1 teaspoon Worcestershire sauce
Salt and black pepper, to taste
Optional for serving:
Burger buns
Lettuce
Tomato slices
Red onion
Mayo, aioli, or mustard
Avocado slices

DIRECTIONS

1. Mix the burger mixture: In a large bowl, combine the ground chicken, finely chopped spinach, shredded white cheddar, breadcrumbs, chopped onion, minced garlic, Dijon mustard, and Worcestershire sauce. Season with salt and black pepper.
2. Mix everything gently until just combined. Be careful not to overwork the meat, which can make the burgers dense.
3. Form the patties: Divide the mixture into equal portions and shape into 4 burger patties. If the mixture feels too soft, place the patties in the refrigerator for 15 to 20 minutes to help them firm up.
4. Cook the burgers: Heat a lightly oiled skillet, grill pan, or outdoor grill over medium heat. Cook the patties for about 5 to 6 minutes per side, or until golden on the outside and fully cooked through in the center.
5. Ground chicken should reach an internal temperature of 165°F.
6. Rest briefly and serve: Let the burgers rest for a couple of minutes after cooking, then serve on buns with your favorite toppings.

SWAPS & NOTES

This recipe is wonderfully flexible, which is always helpful when you're cooking with what you have.

Ground chicken: A mix that includes a little dark meat tends to stay juicier than ultra-lean ground chicken.

White cheddar: Sharp white cheddar gives the burgers the best flavor, but Monterey Jack, mozzarella, or even feta can work if you want a different twist.

Spinach: Fresh spinach is best here.

TIPS FOR SUCCESS

A few easy tips will help ensure juicy, flavorful burgers every time: Don't overmix the chicken mixture.

Finely chop the spinach and onion so the patties hold together better.

Chill the patties if the mixture feels too soft to shape.

Use medium heat so the burgers cook through without drying out.

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

Original recipe: <https://chefmaniac.com/white-cheddar-and-spinach-chicken-burgers-juicy-flavor-packed-and-easy-to-make/>