

Caramelized Onion Chicken Burger Wrap with Arugula & Spicy Sour Cream

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Chicken Burgers

1 lb ground chicken (I used white meat)
1/2 cup (or more) Italian Bread Crumbs
1 tablespoon Worcestershire Sauce
1/4 cup Parmesan Cheese
1 egg (lightly whisked)
1/4 cup milk
1 large onion (peeled, chopped & then sautéed in butter with 2 tablespoons of brown sugar added near the end of sautéing)
1/2 teaspoon salt (or to taste)
ground black pepper to taste
Arugula leaves (washed & drained with the stem removed)
1 package of burrito wraps

Begin by preparing the onion as detailed above. Prepare (wash) the arugula & set aside for later. Then combine the chicken, bread crumbs, Parmesan cheese, Worcestershire sauce, egg, milk, salt, pepper & prepared onions - stir or combine with your hands until mixed. If it is too moist you may add more bread crumbs until the desired consistency is achieved. Form into burger patties (depending on the desired thickness - you could form up to 10 patties from this amount).

Now fry in a frying pan until fully cooked. (While the burgers are cooking make the Spicy Sour Cream).

Spicy Sour Cream

1/2 cup sour cream
1/2 teaspoon salt
1/2 teaspoon (or more - to taste) of cayenne pepper (ground)

Combine all ingredients & set aside for later (for assembly).

Assemble: start with a wrap, add the burger (already cooked), top with a dollop Spicy Sour Cream, a few Arugula leaves, then fold the wrap around (see picture above).