

Chicken Parmesan Burgers

(Adapted from [Homemade by Holman](#))

- 1 pound ground chicken
- 1 egg, lightly beaten
- 1/4 cup flat leaf parsley, finely chopped
- 1/4 cup Italian breadcrumbs
- 1/4 cup Parmesan cheese
- 2 cloves garlic, minced
- 1/4 tsp crushed red pepper flakes
- 4-6 slices mozzarella cheese
- 1/4 cup marinara sauce
- 4-6 hamburger buns
- 1 T butter
- 1/2 tsp garlic powder

Transfer ground chicken to a large bowl, add bread crumbs, egg, parsley, Parmesan and minced garlic. Work together until add-ins are distributed but do not over work. I find its easiest to mix with my hands. Divide the meat into 4 - 6 equal pieces, depending on how big you want the burgers to be. Form into patties, making a slight indentation in the centers so when they plump up the burgers will be even. Transfer to a plate and set in the freezer for about 15 minutes while the grill preheats. (If you are in a hurry, you can skip this step, but I think it helps the patties hold together better and not get misshapen when transferred to the grill.) Preheat the grill and grease lightly with oil (I like to use Pam for Grilling).

Grill burgers for about 6-8 minutes per side until cooked through. Add cheese slices for the last minute or so of cooking to melt. Meanwhile, spread buns with butter and sprinkle with garlic powder. Toast lightly on the grill. Assemble burgers and top each with marinara sauce and a sprinkling of crushed red pepper flakes.