



Spicy Chicken Patties Recipe



YIELDS: 10-12 patties

Active Time: 10 Minutes | Total Time: 20 Minutes

INGREDIENTS

- 1 lb lean ground chicken
- 1 medium zucchini, grated and squeezed well of excess moisture
- 1 clove garlic, minced
- 3/4 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon onion powder
- 1/4 teaspoon cayenne pepper
- Nonstick, zero-calorie spray

DIRECTIONS

1. Generously spray a large skillet with non-stick cooking spray.
2. Combine all the ingredients in a bowl. Mixture should be wet.
3. Form into patties (1 1/2" wide for mini patties). Cook however many patties you can fit flat in the skillet, over medium heat for 7-8 minutes. If patties are cooking too fast, turn down heat and spray the pan again if necessary. Flip the patties and cook for another 4-5 minutes, until chicken is cooked through.
4. Cook the remaining patties, in batches if necessary. Serve and enjoy!