

Seriously Good Sweet Potato Cheddar BBQ Chicken Burgers

Prep Time: 15 Minutes

Cook Time: 15 Minutes

Serves: 4

By: ambitiouskitchen.com

Ingredients

1 pound 93% lean ground chicken (or sub ground turkey) -- do not use 99%
1 cup shredded raw sweet potato (from about 1 small sweet potato)
2 tablespoons low sugar bbq sauce of choice
1/4 cup finely diced yellow onion
2 cloves garlic, minced
1/2 teaspoon cumin
1/2 teaspoon salt
Freshly ground black pepper
4 slices sharp cheddar cheese
For assembly:
4 hamburger buns of choice, toasted if desired
4 tablespoons low sugar BBQ sauce of choice, for topping
Butterhead lettuce
Sliced red onion

Instructions

1. Make the chicken burgers by adding the ground chicken turkey, shredded sweet potato, bbq sauce, onion, garlic, cumin, salt and pepper to a large bowl. Mix with your hands until evenly combined. Divide into 4 equal portions and shape into 1/2 inch patties.
2. Grill over medium-high heat (around 400 degrees F) for 5-8 minutes per side or until burgers are cooked through and a meat thermometer reads 165 degrees F. During the last few minutes of cooking the chicken burgers, add a slice of cheddar cheese on top of each burger patty; cover the grill for about 1 minute while the cheese melts.
3. Place the burgers on buns, top with onion, lettuce and drizzle with extra bbq sauce and top with onions. Serve immediately. Great with sweet potato fries or fresh fruit!