Chicken and Herb Burgers with Honey Mustard Dip Recipe

A chicken burger full of flavor with a delicious homemade dip.

**Photo credit: BigStock**

**Servings:** 4

**Serving size:** 1 burger with 1½ Tablespoons of dip

When preparing this recipe, start with clean countertops and utensils. Wash hands with soap and water. Wash whole fresh produce by rinsing parsley and lettuce and gently rubbing garlic, lemon, and tomato under cold, running water. Prewashed packaged items do not require further washing.

### Ingredients
- ¼ cup whole wheat Panko breadcrumbs
- 1 pound ground chicken breast
- ¾ teaspoon finely chopped garlic
- ¼ cup finely chopped fresh parsley
- ¼ teaspoon dried oregano
- 1 Tablespoon fresh lemon juice
- ¼ teaspoon black pepper
- 1 Tablespoon canola oil
- Cheese slices, optional
- Whole wheat bun, optional
- Lettuce, optional
- Tomato slices, optional

### Honey Mustard Dip
- 2 Tablespoons honey
- ¼ cup Dijon mustard
- 2 Tablespoons apple cider vinegar
- Salt and pepper to taste, optional

### Directions
1. Place breadcrumbs on a plate or shallow dish.
2. In a large bowl, combine the ground chicken, garlic, parsley, oregano, lemon juice, and pepper with a fork. Form the mixture into four patties.
3. Coat each patty in the breadcrumbs on both sides; set aside. Rewash hands with soap and water after touching raw chicken.
4. Heat oil in a large skillet over medium heat and add patties. Cook for about 5 minutes on each side, until browned and the internal temperature reaches 165°F on a food thermometer.
5. To make the honey mustard dip combine honey, mustard, and vinegar in a small bowl, whisk together.
6. Serve the chicken burgers alone, with cheese, or on buns with lettuce and tomato if desired. Serve honey mustard dip on side or on top of burger.

### Tip:
- Make your chicken and herb burger deluxe with lettuce, tomato, and a whole grain bun. By adding more vegetables and fiber, this creates a balanced meal.

Recipes adapted from:
- Mini chicken burgers with herbs from Thriving Home Blog
- Delicious healthy honey mustard dressing recipe From Elizabeth Rider website

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PennState Extension
### Nutrition Facts

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>Calories 200</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat</strong></td>
<td>5g</td>
<td>6%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
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<td>0%</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>65mg</td>
<td>22%</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>340mg</td>
<td>15%</td>
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<tr>
<td><strong>Total Carbohydrate</strong></td>
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<td>5%</td>
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<tr>
<td>Dietary Fiber</td>
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<td>0%</td>
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<tr>
<td><strong>Total Sugars</strong></td>
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<tr>
<td>Includes Added Sugars</td>
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<tr>
<td><strong>Protein</strong></td>
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<tr>
<td>Vitamin D</td>
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<tr>
<td>Calcium</td>
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<tr>
<td>Potassium</td>
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<td>0%</td>
</tr>
</tbody>
</table>

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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