

Buffalo Chicken Burger

Servings : 4

Amount	Measure	Ingredient - Preparation Method
1/2	pound	sliced carrot
1	pound	ground white meat chicken
2		egg white - lightly beaten
1	stalk	celery - roughly chopped
1/2	cup	panko breadcrumbs
1	teaspoon	cornstarch
1/4	cup	hot sauce (buffalo style)
		cooking spray
4	large	kaiser rolls
1/4	cup	grated cheese

In a microwave safe bowl, combine carrot slices with 2 tablespoons water; microwave on high, stirring every minute, until very tender, about 3 minutes. Drain and let cool; mash carrots. Add chicken, egg whites, celery, breadcrumbs, and cheese; mix. Form into four 3/4" patties. In a second bowl, stir cornstarch into hot sauce until dissolved; set aside. Coat a grill rack with spray. Grill patties over med-high heat for 6 minutes; flip and grill for 4 minutes more. Brush patties with hot sauce mixture; grill until 165, about 2 minutes.