

Walnut Chicken Burgers

- >1/4 ground chicken
- >1 tablespoon ghee or coconut oil/ghee blend
- >1/4 cup chopped onion
- >1 clove garlic
- >1 tablespoon of fresh chopped basil leaves
- >1/2 jalepeno pepper finely chopped without seeds...optional
- >1/4 cup chopped walnuts

Preheat a fry pan using a medium heat. Once up to temperature place in your oil then the onion, pepper and garlic, saute' for 5 minutes. After this sweating add your walnuts and chopped basil to coat with the oil and other ingredients. Place these ingredients into a bowl and let cool, add chicken and mix well. Preheat a fry pan using a medium high heat. Form your meat into a patty and place into the preheated pan, cook for approximately 2 minutes and flip, cook an additional 2 minutes...turn off heat and cover, let sit for 3-5 minutes. Now your chicken burger is ready to go...Enjoy!

Note: I prefer serving this on a sprouted bun, Ezekiel toast, as a main protein with a vegetable mash or with buttered brown rice.