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Subject: Mexican Chicken Burgers from LHJ
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MEXICAN CHICKEN BURGERS FROM LHJ ONLINE <http://www.lhj.com>

These spicy burgers are sure to satisfy everyone: They won't think to ask "Where's the beef?" And if the traditionalists at your table insist on ketchup, not salsa, don't worry--the burgers will still taste great.

Prep time: 20 minutes
Cooking time: 12 to 14 minutes
Degree of difficulty: Easy

1 pound ground chicken
1/2 cup plus 3 tablespoons plain dry bread crumbs
3 tablespoons milk
1/4 cup sliced green onions
3 tablespoons chopped fresh cilantro
1/2 teaspoon cumin
1/2 teaspoon salt
1/4 teaspoon freshly ground pepper
1 tablespoon vegetable oil
4 English muffins, split and toasted
4 lettuce leaves
4 thin slices red onion
1 small avocado, peeled and cut into 12 slices
1/4 cup prepared salsa
Cilantro sprigs, for garnish

1. Combine chicken, 3 tablespoons bread crumbs and milk in medium bowl. Stir in green onions, cilantro, cumin, salt and pepper. Place remaining 1/2 cup bread crumbs in pie plate. With slightly wet hands, shape chicken mixture into 4 patties. Coat with crumbs.

2. Heat oil in large nonstick skillet over medium heat. Add patties; cook 12 to 14 minutes, turning once, until meat thermometer inserted in center of each patty reaches 160°F.

3. Meanwhile, place English muffins on 4 plates. On 4 muffin halves, layer lettuce leaf, a red onion slice, cooked burger, 3 avocado slices, 1 tablespoon salsa and cilantro sprig, if desired. Top with other muffin half. Serve immediately. Makes 4 servings.

PER SERVING
Calories 495
Total Fat 22 g
Saturated Fat 4 g
Cholesterol 96 mg
Sodium 893 mg
Carbohydrates 46 g