Cooking Matters empowers individuals and families to stretch their food budgets to create healthy meals at home. Participants learn to shop on a budget, use nutrition information to make healthy choices, and cook delicious, affordable meals.

COOKING MATTERS COURSES TEACH:

- Healthy Eating Habits
- Basic Cooking Skills
- Grocery Shopping on a Budget

Learn more about the Cooking Matters courses by scanning our QR code for more details.

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CHICKEN BURGER

DIRECTIONS

1. Peel the onion. Rinse and finely chop bell pepper and onion.

2. In a medium bowl, combine bell pepper, onion, ground meat, garlic powder, onion powder, parsley, salt, and pepper.

3. Divide evenly into 4 pieces. Form pieces into patties about 4 inches across.

4. In a large skillet over medium heat, heat oil. Add burgers. Cook until browned on both sides, about 5 minutes per side. Add water to the pan. Cover and cook until the burgers reach 165°F, about 10 minutes more.

5. Serve on a whole wheat bun and top with your favorite vegetables such as lettuce, tomato, onion, avocado, etc.

INGREDIENTS

- ¼ small bell pepper
- ¼ small red onion
- 1 pound lean ground chicken, turkey, or beef
- 1½ teaspoons garlic powder
- 1½ teaspoons onion powder
- ½ teaspoon dried parsley flakes
- 1 teaspoon ground black pepper
- ½ teaspoon salt
- 1 Tablespoon canola oil
- ¼ cup water