

Buffalo Chicken Burgers

AND TANGY
SLAW



These burgers are a mainstay around our house! When my husband first bit into his burger he said, "These taste like buffalo wings!" Adapted from a prize-winning recipe in *Healthy Cooking*, we could tell right away that our SCD version was a winner!

I always make a double batch and either serve it again that week or freeze for later.

- 2 Tbs. chopped red bell pepper
- 4 Tbs. thinly sliced green onion, divided in half
- 1 Tbs. unsweetened apple sauce
- 1/4 tsp. salt
- 1/4 tsp. crushed garlic
- 1/4 tsp. pepper
- 1 pound ground chicken (no additives)
- Lettuce leaves for wrapping (Hamburger buns for non-SCDers)

In a large bowl, combine the bell pepper, 2 Tbs. green onions, applesauce, salt, garlic, and pepper. Crumble chicken over mixture and mix well. Shape into four burgers. Broil 6 inches from the heat for 5 to 7 minutes on each side or until a meat thermometer reads 165 degrees and juices run clear, basting occasionally with some of the Chile Sauce. Serve wrapped in lettuce leaves; top each patty with 2 Tbs. Tangy Slaw, some Chile Sauce, and a sprinkle of remaining green onions.

Alternatively, cook the patties in an oiled pan on the stove top, flipping a few times until fully cooked and browned.

Chile Sauce

- 1/2 c. legal tomato juice (we use Campbell's original)
- 1 tsp. each; honey, vinegar, liquid hot pepper sauce (we use Tabasco original-use less if desired)
- 1/4 tsp. each; cloves and cinnamon
- 1 Tbs. real butter

In a small saucepan, combine ingredients, bring to a boil; simmer until reduced by half. Use Chile Sauce to baste meat patties and save a little to top each patty.

Tangy Slaw

Make extra to use as a side salad.

- 1/4 c. each; thinly sliced celery and shredded apple
- 2 Tbs. homemade SCD yogurt
- 2 tsp. each; crumbled blue cheese and finely chopped walnuts

Combine celery, apple, yogurt, blue cheese, and walnuts. Set aside until it's time to top the burgers, placing one forth on top of each patty before serving.