

Spicy Chicken Patties

1 lb lean ground chicken
½ cup chopped onion
2 egg whites, slightly beaten
1 Tbsp chili powder
¼ tsp cayenne pepper
½ cup shredded carrots
2 Tbsp parsley, chopped
1 garlic clove, minced
1 Tbsp canola oil

Combine above ingredients in medium bowl. Form 4-5 four ounce patties. Heat oil in large sauté pan. Add patties and cook until liquids run clear; about 4-5 minutes each side. Enjoy with mixed steamed vegetables.

Serves 4 to 5.

Calories 170 Fat 10g Sat Fat 2.5g Carbohydrate 3g Dietary Fiber 1g Protein 18g Sodium 85mg