

## Feta-Stuffed Chicken Burgers

Servings: 4 @ 5 points

Preparation Time: 15 min

Olives, roasted peppers and feta add great flavor to these burgers.

### Ingredients

1 pound(s) uncooked ground chicken breast

1 Tbsp fresh oregano

1/4 tsp garlic powder

7 Tbsp feta cheese, crumbled

4 item(s) reduced-calorie hamburger roll(s)

1 cup(s) lettuce, romaine, cut into thick strips

2/3 cup(s) roasted red peppers, sliced (without oil)

5 small olive(s), black, sliced (about 4 tsp)

### Instructions

Preheat grill or broiler.

In a medium bowl, combine chicken, oregano, garlic powder and feta; divide mixture into four balls and then press them gently into patties.

Grill or broil patties until internal temperature of burgers reaches 165°F, about 7 to 8 minutes per side.

Serve each burger on a bun with 1/4 of lettuce, 1/4 of peppers and 1 teaspoon of olives. Yields 1 burger per serving.