

# Southwest Chicken Burgers with Mango Salsa



## **INGREDIENTS FOR BURGERS**

1 lb. ground white meat chicken breast  
1 cup red pepper, finely diced  
½ cup onion, finely diced  
2 tsp. chili powder  
¼ tsp. garlic powder  
¼ tsp. onion powder  
¼ tsp. pepper  
Salt to taste  
1 lime  
2 egg whites, beaten

## **DIRECTIONS**

Preheat oven to 350°. Put chicken meat in a mixing bowl. Squeeze juice from the lime into the bowl and add the egg whites and remaining ingredients. Mix well and shape into patties. Broil each side approximately 5 minutes or until brown.

## **INGREDIENTS FOR SALSA**

1 mango, peeled and chopped  
¼ cup red pepper, finely chopped  
½ onion, finely chopped  
2 Tbsp. cilantro, finely chopped  
3 Tbsp. lime juice  
1 jalapeño pepper, finely chopped

## **DIRECTIONS FOR SALSA**

Combine all ingredients in a bowl and mix. Ready to eat or cover and refrigerate.