

# Rosemary Chicken Burger with Sun-Dried Tomato Aioli

## Ingredients

### Burgers

- 1 pound ground organic/free-range chicken breast meat
- 2 tablespoons minced sun-dried tomatoes (in oil or reconstituted in warm water)
- 2 sprigs rosemary (pull needles from woody stalk, chop)
- 1 tablespoon fresh minced garlic
- 1 tablespoon olive oil (or use the oil from sun-dried tomatoes)
- 4 tablespoons dry bread crumbs
- Sea salt and fresh-cracked black pepper to taste

### Aioli

- 1 clove garlic (minced or squeezed through a garlic press)
- 1 tablespoon fresh-squeezed lemon juice
- 1 tablespoon sun-dried tomato, minced (in oil, or reconstituted in warm water)
- 1 cup mayonnaise
- Sea salt and fresh-cracked black pepper to taste

## Preparation

### Burgers

Combine the meat, sun-dried tomatoes, rosemary, garlic, olive oil, bread crumbs, salt and pepper in a medium mixing bowl. To test the flavor, make a peanut-sized patty and brown in a hot pan. Adjust seasonings if desired. Form into four equal patties and place on wax paper in the refrigerator until ready to cook. Cook burgers on a hot charcoal, outdoor grill or pan until they reach an internal temperature of 165 degrees. Serve on a whole-wheat bun with lettuce, tomato, onion and sun-dried tomato aioli.

### Aioli

Whisk the garlic, lemon juice, sun-dried tomatoes, mayonnaise, salt and pepper together in a small bowl. Adjust seasonings to taste.

Makes 4 burgers.