

≡ SOUTHERN SWEETHEART CHICKEN BURGER ≡

Grilled Pierce Chicken® Chicken Burger with sweet onion relish, Monterey Jack cheese and fried green tomatoes on a soft cornmeal-dusted roll.

The number of chicken burgers on restaurant menus increased 60 percent from January–March 2012 to January–March 2013

Technomic, "Where's the Beef? Operators Highlight Chicken, Turkey and Veggie Burgers." March 2013.



NUTRITION FACTS

APPROXIMATE VALUES

Yield: 24 servings

Serving Size: 370g	Amount Per Serving		% Daily Value*
Calories:	660		
Total Fat:	30g		46%
Cholesterol:	155g		52%
Sodium:	1800mg		75%
Total Carbs:	59g		20%
Dietary Fiber:	4g		16%
Sugars:	7g		
Protein:	33g		

*Percent Daily Values are based on a 2,000 calorie diet.

Allergens: eggs, milk, wheat

INGREDIENTS

Green tomatoes, medium, ¼-inch slice	24 each
Eggs, beaten	12 each
Cornmeal, fine ground	3 cups
Pierce Chicken® Chicken Burgers (Code #11047), thawed	24 each
Monterey Jack cheese, sliced	24 slices
Sweet onion relish (recipe provided)	3 cups
Kaiser rolls, toasted	24 each
Leaf lettuce	24 each
Cajun mayonnaise (recipe provided)	1½ cups

METHOD

To make one serving:

- Dip 4 green tomato slices in beaten egg; dredge in cornmeal.
- Fry tomato slices in deep fryer at 375°F for 2 to 4 minutes or until golden brown; drain.
- Meanwhile, cook 1 Chicken Burger on a hot grill for 6 to 8 minutes on each side or until a thermometer inserted into the chicken reads 165°F.
- Top Chicken Burger with 1 slice Monterey Jack cheese while still on the grill; let stand 30 to 60 seconds to melt the cheese.
- Spread 2 tablespoons sweet onion relish on bottom roll; layer with cheese-topped Chicken Burger, fried green tomatoes and lettuce leaf.
- Spread 1 tablespoon Cajun mayonnaise on cut side of roll top; place on top of sandwich.

SWEET ONION RELISH

Yellow onion, peeled, ¼-inch dice	3¾ pounds	Water	1½ cups
Olive oil	6 tablespoons	Salt	2 tablespoons
Bourbon	2¼ cups	Black pepper	1 tablespoon

Makes 3 cups:

- Sauté onion in oil in a large saucepan for 5 to 8 minutes or until tender.
- Add bourbon, water, salt and pepper.
- Cook over medium-low heat for 30 minutes, stirring occasionally, or until onion is caramelized.

CAJUN MAYONNAISE

Mayonnaise	1½ cups	Lemon juice	2 teaspoons
Cajun seasoning	6 tablespoons		

Makes 1½ cups:

- Combine mayonnaise, Cajun seasoning and lemon juice in a small bowl. Refrigerate until service.