

Trim Healthy
W I S D O M

Chicken Smash Burger (S, E or XO)

(Depending upon the avocado amount)

(P – The title says chicken, but you can make this with any ground meat or even canned tuna or salmon. When it comes to burgers, the main deal is to have veggies not only with them but in them, too! Adding grated veggies stretches just 1 small can of chicken or 4 ounces of ground meat (which is typically only enough to make one burger) into enough to make two, one for each ½ of a pita. Or you can use bread for a sandwich or open face style. Speaking of pita bread... although I have become more puristy these days (Serene has rubbed off on me), I still use Joseph's Pitas as my Drive Thru Sue option for a burger casing as I frequently enjoy my burgers S style - you could use lettuce wraps or slap your burgers between a couple of pieces Gluten-Free Sourdough No Carb Easy Bread if you want to stay in S mode – or you can use Serene's Peasant Bread or another on-plan bread for an E or XO.

If you choose to enjoy your burgers in S mode, stay plant strong and avoid being too high-density by avoiding the typical burger fare like mayo and grated or sliced cheese. Instead, I suggest using avocado, which is more easily burned by your body, some Light Laughing Cow Cheese (although that's optional), some stevia-sweetened ketchup, and tons of lettuce and other veggies. This meal is a whole new take on burgers... it feels succulent and tastes amazing but is still density-minded for those of us in challenging pausal seasons. I frequently pair my burger with some sauerkraut on the side (or in the pita) and a few celery sticks with a very thin smear of nut butter sprinkled with Mineral Salt.)

Single Serve Recipe

INGREDIENTS:

- 4 - 5 ounces canned chicken, tuna or salmon or 4 ounces lean ground meat
- ¼ - ⅓ cup liquid egg whites
- ⅓ carrot (grated; eat the rest while prepping meal or save to eat with your meal or another future meal) or ¼ - ⅓ cup zucchini or yellow squash (grated)



- 1 sprinkle of Creole seasoning
- 1 Tbs [TH Nutritional Yeast](#)
- 1 Tbs quick oats or 1 Tbs [TH Baking Blend](#)

Burger Optional Add-Ins:

- 1/8 of an avocado for E or up to 1/2 of an avocado for S or XO
- stevia-sweetened ketchup
- mustard
- hot sauce
- lettuce
- sliced tomato
- sliced onion
- pickles, sauerkraut or kimchi

INSTRUCTIONS:

1. Place the canned chicken or fish (or ground meat) in a small bowl and smash with a fork. Add all other ingredients and stir well to combine.
2. Set a medium, healthy-style fry pan to medium/high heat. Spray the pan with coconut or olive oil.
3. Spread the burger mix in the pan to make one large round burger. Allow it to brown on one side, then carefully flip. If this proves too difficult, cut the large round burger into two pieces before flipping each one individually.
4. Brown the other side, then turn the heat down to medium/low and continue cooking for a few more minutes or until the burger is cooked through. If a large burger is not yet sliced, do so, but keep it in the pan while prepping bread or other casing options.
5. Smear the pita or other casing with avocado and optional Light Laughing Cow Cheese, then add the burger and other add-ins of choice.

Protein Nerd Notes:

The meat or fish plus egg whites provide you with all your Protein Nerd Level 3 requirements.