

Chicken and Goat Cheese Salad

Courtesy of Carole's Creations

Prep Time: 20 minutes

Cooking Time: 6-8 minutes

Serves: 4 patties or 12 sliders

CChints: You can serve these Chicken patties in a variety of ways. As this salad or you can make these into smaller patties for sliders. You can buy ground chicken breast or you can do it yourself in your food processor. If you are buy ground chicken at your market, be sure it is ground chicken breast and not ground chicken that can be very fatty.



Patties:

1 pound ground chicken breasts

1 teaspoon fresh dill, chopped

1/2 teaspoon garlic salt

Pinch of black pepper

1 teaspoon McCormicks® Perfect Pinch® Original Chicken Seasoning

1/2 cup shredded 5 cheese blend (mozzarella, parmesan, provolone, Asiago, Fontina)

2 green onions, green parts chopped and some of the white parts

2 tablespoons olive oil, divided

3 ounces crumbled goat cheese, divided in half

5 ounce bag of prewashed salad lettuce greens

4 Roma tomatoes, sliced

Your favorite lite dressing

Put the ground chicken in a mixing bowl and sprinkle with the garlic salt through green onions. Mix together gently, folding in the ingredients until well blended. Let this mixture sit while you prepare the sauce.

In a mixing bowl, combine the mayonnaise through cheese blend. Stir to blend the flavors and set aside to allow the flavors to blend.

Lay out about 15 inches of plastic wrap on your work surface for easy clean up. Divide the chicken mixture into 4 portions for patties and make them 1/2 in thick or 12 for slides and form into 1/4 inch patties. Once the patties are in the pan, throw away the plastic and wash everything that came in contact with the raw chicken.

Heat half of the oil in a large nonstick skillet over medium heat. Add the 4 patties to the pan but do not crowd them and cook, covered, for 3 minutes on each side for patties and 2 minutes for sliders. If you have doing the 12 sliders you maybe only able to cook 6 at a time....add more oil for the 2nd batch. You may need to add more oil when you flip them over. When you flip them over for the last time, top with half the goat cheese and allow the cheese to start to melt. When they are done, transfer them to a work service to assemble the salad.

Divide the salad greens among the dinner plates. Top with the tomatoes, patty and extra goat cheese. Add your favorite dressing and enjoy.

Sliders:

Make a spread of reduce fat mayonnaise and Dijon mustard. Spread the sauce on the bottom part of the small buns. Top with a piece of lettuce and a chicken patty and put the top bun on top.