



Chicken & Squash Breakfast Patties

2 servings

15 minutes

Ingredients

227 grams Extra Lean Ground Chicken
70 grams Butternut Squash (grated)
20 grams Red Onion (finely chopped)
1/2 Apple (peeled, finely chopped)
2 Garlic (clove, minced)
500 milligrams Dried Thyme
2 grams Sea Salt
7 milliliters Extra Virgin Olive Oil

Directions

- 1 Combine the chicken, butternut squash, red onion, apple, garlic, thyme, and salt in a mixing bowl. Mix well.
- 2 Heat the oil in a non-stick pan over medium heat.
- 3 Form the mixture into patties approximately four inches (10-centimeters) in diameter and cook for four to five minutes per side or until cooked through. Cook the patties in batches, if necessary. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to two breakfast patties.

No Butternut Squash: Use another squash or sweet potato instead.

No Ground Chicken: Use ground turkey or pork instead.

No Extra Virgin Olive Oil: Use avocado or coconut oil instead.