Chicken Patties & Veggie Spears



Sometimes parents have to get creative in the ways to increase veggies with the family. This delicious chicken patty is packed with veggie goodness & complimented with colorful veggie spears. Who says we shouldn't play with our food!

Timing

Prep time	Total time	Skill level
30 mins	**55 mins**	**Easy**

What You'll Need

Chicken Patties

- 1 Tbsp. olive oil
- 1 Tbsp. unsalted butter
- 1 large sweet onion, chopped
- 1 cup Red Sun Farms® bell peppers, seeded, chopped
- 1 lb. ground chicken breast
- 1 clove garlic, minced
- ¼ cup parsley, chopped
- ½ tsp. salt
- ¼ tsp. black pepper
- 1 cup brown rice, cooked

- 1 large egg
- 1 carrot, peeled, cut length-wise into 4 pieces

Veggie Spears

- ½ Red Sun Farms® cucumber, peeled, cut length-wise into 4 pieces
- ½ cup Red Sun Farms® cocktail tomatoes

Directions

1. Line baking sheet with foil and spread with olive oil.
2. Heat butter in large skillet over medium-high heat; add onions and peppers, and cook 10-15 minutes, stirring occasionally, until tender. Remove from heat.
3. Mix chicken, garlic, parsley, salt, pepper, rice and egg in large bowl. Form 8 patties and lay on baking sheet.
4. Place under preheated broiler 5 inches from heat; broil 6-8 minutes or until lightly golden and firm to touch.
5. Top patties with onions and peppers.