

Smoky Tejas Chicken Burgers

with Balsamic-Glazed Onions

Submitted by: Kevin West



4 Servings

- 1½ pounds **Pilgrim's Pride** lean boneless, skinless split chicken thighs (about 6)
- ½ cup drained and chopped sun-dried tomatoes packed in oil, oil reserved
- ¼ cup finely chopped onion
- ¼ cup chopped fresh cilantro leaves
- 1 teaspoon ground cumin
- 1 teaspoon ground chipotle chili pepper (see Note)
- 2 cloves garlic, pressed
- ½ teaspoon salt
- 1 large red onion, halved, thinly sliced
- ¼ cup balsamic vinegar
- Salt and freshly ground pepper to taste
- 1 large firm-ripe avocado
- 1 tablespoon lime juice
- 1⅓ cups shredded smoked Gouda or smoked Cheddar cheese
- 4 onion rolls, split

Cut chicken thighs in large chunks. Coarsely grind in batches in food processor to avoid over grinding. Combine ground thighs, sun-dried tomatoes, 1 tablespoon reserved sun-dried tomato oil, onion, cilantro, cumin, chipotle chili pepper, garlic and salt, blending well. Form into four thick patties and chill in refrigerator for at least 20 minutes.

Preheat grill on medium-high heat and lightly coat grill rack with oil or cooking spray.

Place 2 tablespoons reserved sun-dried tomato oil in large skillet over medium-high heat. Add red onion and sauté until soft and beginning to brown, about 10 minutes. Add balsamic vinegar, stirring. Season to taste with salt and pepper. Reduce heat and simmer, stirring occasionally, until onions are deep brown and liquid has cooked down. Set aside. Pit, peel and slice avocado and sprinkle with lime juice; set aside.

Place chicken burgers on prepared grill 4 to 6 inches from heat source. Cook until juices run clear, about 20 to 25 minutes, turning occasionally. Place ⅓-cup cheese on each burger during last two minutes of grilling. Lightly toast cut sides of onion rolls on grill.

To serve, place burgers on rolls and top with onions and avocado slices.

Note: Chipotle chili pepper may be found in the spice section of the supermarket. Burger mixture or formed patties may be prepared ahead and refrigerated or frozen (if frozen, thaw in refrigerator). Hickory or Mesquite chips may be used when grilling to add smoked flavor, if desired.

