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Buffalo Chicken Burgers

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prep time 15 min
total time 31 min
makes 4 servings

what you need

K:58441v1:118650

1/3 cup KRAFT Original Barbecue Sauce
1/4 cup hot pepper sauce for Buffalo wings
1 lb. ground chicken
1 pkt. SHAKE 'N BAKE Extra Crispy Seasoned Coating Mix
1 egg
4 hamburger buns
4 leaf lettuce leaves
1/4 cup KRAFT Blue Cheese Dressing
2 stalks celery, cut into sticks
2 carrots, cut into sticks

make it

HEAT grill to medium-high heat.

MIX sauces in medium bowl. Remove 1/4 cup; reserve for later use. Combine chicken, coating mix and egg; mix well. Shape into 4 (1/2-inch-thick) patties.

GRILL 6 to 8 min. on each side or until done (165° F), brushing with remaining sauce mixture for the last 2 min.

FILL buns with lettuce, burgers and reserved sauce. Serve with celery, carrots and blue cheese dressing.

kraft kitchens tips

Serving Suggestion

Round out the meal with a mixed green salad and your favorite fresh fruit.

Variation

For milder flavor, reduce pepper sauce for Buffalo wings to 2 Tbsp. and remove 3 Tbsp. of the sauce mixture (instead of 1/4 cup) to serve on burgers.

nutritional information

per serving

| | | | | | |
|---------------|---------|-----------|---------|---------------|--------|
| Calories | 520 | Total fat | 24 g | Saturated fat | 5 g |
| Cholesterol | 110 mg | Sodium | 1330 mg | Carbohydrate | 49 g |
| Dietary fiber | 3 g | Sugars | 14 g | Protein | 29 g |
| Vitamin A | 140 %DV | Vitamin C | 15 %DV | Calcium | 15 %DV |
| Iron | 30 %DV | | | | |