

## Summer Avocado Burgers

*This post was created in collaboration with Claire Xu of [Eats with Claire](#) and [West Pak Avocado](#). The recipe and photography for this post was provided courtesy of local food blogger, Claire Xu. To see more of Claire's recipes, visit her Instagram page [@eatswithclaire](#).*

### Ingredients:

- 2 pounds ground chicken,
- 3 cups spinach
- 1/2 a red pepper, diced
- 3 cloves of minced garlic
- 4 tbsp corn starch or binder of your choice (flour or almond meal works too)
- 1 large avocado, peeled, pitted, and cut into 1/4 inch chunks
- 2 tsp salt
- 1/2 tsp ground pepper



### Directions:

1. Preheat an outdoor or indoor grill to medium or about 375 degrees F.
2. Heat the garlic in a pan with hot oil, add in red pepper and cook until soft. Then, add in the spinach and cook down until wilted.
3. In a large bowl, combine chicken, cooked down veggies, corn starch, salt, and pepper until evenly combined. Carefully fold in the avocado. Shape into 6-7 patties.
4. Oil the grill, and then, cook burgers on each side for about 5 minutes or until the internal temperature reaches 165 degrees F.