



Buffalo Chicken Burgers with Blue Cheese Dressing

Oscar · 29/09/2024



Prep Time

35 mins

Difficult

Medium

Servings

4

Description

This burger delivers the bold flavors of Buffalo wings minus the mess and calories. Serve with additional hot sauce on the side.

Ingredients

- - ¼ cup light sour cream - ¼ cup reduced fat blue cheese crumbles - ¼ teaspoon Worcestershire sauce - 1 ½ pounds ground chicken - ¼ cup hot pepper sauce - ½ teaspoon celery salt (Optional) - ¼ teaspoon poultry seasoning - ½ teaspoon paprika - 1 pinch cayenne pepper
- or to taste - 1 tablespoon hot pepper sauce - 4 Kaiser rolls
- split - 4 leaves iceberg lettuce - ½ cup diced celery

Instructions

1. Preheat an outdoor grill for medium-high heat
2. and lightly oil the grate. Stir the sour cream
3. blue cheese
4. and Worcestershire sauce together in a small bowl; set aside. Mix the ground chicken
5. 1/4 cup hot sauce
6. celery salt
7. poultry seasoning
8. paprika
9. and cayenne pepper together in a mixing bowl until evenly blended. Form into four 3/4-inch-thick patties. Cook the chicken burgers on the preheated grill 6 to 7 minutes until well marked. Spray the uncooked top of the burger with cooking spray
10. and flip the burgers over. Brush the cooked side with 1 tablespoon hot sauce
11. and continue cooking until no longer pink in the center and the juices run clear
12. about 5 minutes more. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). To assemble the burgers
13. place a lettuce leaf on each roll bottom. Top with a burger patty
14. then spoon on 2 tablespoons of blue cheese sauce
15. and 2 tablespoons celery. Place the top of the roll on top to finish the sandwich.