

# chicken parm burgers with baked sweet potato fries

BY CAROLINE CHAMBERS

Serves 2 to 4 (*Sometimes I eat two burger patties, sometimes I eat one. Each burger is about 3 ounces of cooked meat.*)

Tools:

- Outdoor grill OR rimmed baking sheet
- Cutting board
- Chef's knife
- 2 large mixing bowls

Ingredients:

*Baked Sweet Potato Fries:*

- 2 large sweet potatoes (about 1 pound)
- 1 tablespoon neutral cooking oil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1/2 teaspoon kosher salt

*Chicken Parm Burgers:*

- 1 pound ground chicken or turkey
- 1 large egg
- 1/2 cup grated Parmesan cheese
- 1/4 cup finely chopped sun-dried tomatoes (dry or oil-packed — just squeeze out the oil if using oil packed kind)

- 1/4 cup finely chopped fresh basil (or 2 teaspoons dried basil)
- 1 tablespoon tomato paste
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 2 garlic cloves, minced
- 2 to 4 burger buns (preferably potato buns)
- Optional: mozzarella (melt on top if you want more cheese!), thinly sliced red onion, romaine leaves with the tough rib stripped out, etc.

*Tomato Mayo:*

- 1/3 cup mayonnaise
- 2 tablespoons finely chopped sun-dried tomatoes
- 2 tablespoons tomato paste
- Juice of 1/2 lemon (about 1 tablespoon)
- Kosher salt

Preheat the oven to 425°F and place your largest rimmed baking sheet in the oven.

Cut **2 large sweet potatoes** into long 1/2 inch-thick rectangles (fry shape!). Toss the cut potatoes, **1 tablespoon oil**, **1/2 teaspoon garlic powder**, and **1/2 teaspoon paprika** in a large bowl. *That's right — no salt yet! Salt draws out moisture and we don't want that!* Set aside for now.

In another large bowl, combine **1 pound ground chicken or turkey**, **1 large egg**, **1/2 cup grated Parmesan cheese**, **1/4 cup finely chopped sun-dried tomatoes**, **1/4 cup finely chopped fresh basil**, **1 tablespoon tomato paste**, **1/2 teaspoon kosher salt**, **1/8 teaspoon black pepper**, and **2 minced garlic cloves**. Divide the meat into 4 equal patties that are slightly wider than your burger buns (that way when they shrink while cooking they'll become the perfect size!).

Bake the sweet potato fries on the lowest oven rack for 15 minutes, then flip the fries (yep — this is a pain, but worth it) and bake for an additional 10 minutes. Season with **1/2 teaspoon salt**.

*To grill burgers:* Refrigerate the patties for at least 10 minutes before grilling. Preheat the grill to 400°F. Clean the grill grates very well. Spray the tops of the burgers with **cooking spray** and place them on the grill, sprayed-side-down. Close the lid and cook for 4 minutes. Spray the tops of the burgers carefully (don't spray the flames with oil — bad plan!) and flip them over. Cover and cook for an additional 4 minutes. Smear a light layer of mayo on the cut sides of the burger buns. Remove the burgers and quickly toast your **burger buns** on the grate for about 1 minute with the grill lid open. Watch them CLOSELY! Buns like to burn.

*To bake:* Preheat the oven to 400°F. Place the patties on a parchment-lined baking sheet and bake for 8 to 10 minutes, until cooked through. They will look **FUNKY** — lots of liquid will ooze out. Don't worry, that's normal! Once your fries are finished baking, quickly broil your burger buns by spreading a thin layer of mayo on the cut sides, placing them cut-side up on a baking sheet, and broiling for 1 to 2 minutes. Sit on your butt and watch them closely — again, buns **BURN QUICKLY!**

*To pan-fry:* Heat your largest nonstick skillet over medium-high heat for several minutes. Add 1 tablespoon cooking oil and swirl to coat the pan. Cook the burgers for 2 to 3 minutes per side (you can probably only cook 1 or 2 at a time... hence why baking is an easier option).

Meanwhile, make the tomato mayo by stirring together **1/3 cup mayonnaise, 2 tablespoons finely chopped sun-dried tomatoes, 2 tablespoons tomato paste, and the juice of 1/2 lemon (about 1 tablespoon)**. Season with **salt** to taste.

Smear the mayo on both sides of the toasted bun. Throw a burger patty (or two!) on there. Sprinkle with a bit of Parm and top with whatever toppings you're feeling. I like mine with just tomato mayo. Devour.