

Chicken Patties

Makes: 6 Servings

This recipe uses unsalted tops crackers. Crumble or crush unsalted tops crackers and use in recipes calling for breadcrumbs.

Ingredients

2 cups canned chicken (drained)
20 unsalted tops saltine crackers (crushed into pieces)
1/4 cup light mayonnaise
1/4 cup onion (chopped)
2 tablespoons lemon juice
1/4 teaspoon black pepper
1 tablespoon vegetable oil

Directions

1. In a bowl, combine chicken, cracker crumbs, mayonnaise, onion, lemon juice, and black pepper. Shape into six patties.
2. Heat oil in a large skillet; cook patties over medium heat for 2 to 3 minutes on each side or until golden brown and heated through.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	210	
Total Fat	12 g	
Protein	16 g	
Carbohydrates	8 g	
Dietary Fiber	NA	
Saturated Fat	2 g	
Sodium	480 mg	