

Gluten-Free Chicken Patty

Submitted by A. Martinez

Ingredients

- 2 lbs ground chicken breast
- 1 egg
- 3 Tbsp mayo
- ½ tsp ground black pepper
- ½ tsp salt
- 2 tsp paprika
- 1 tsp baking powder
- 2 c crushed Rice Chex (should resemble Panko crumbs)

Preparation & Serving

- Blend all ingredients together except for the chicken. Save Rice Chex for coating
- Blend mixture into chicken
- Make 6-8 patties
- Place on cooking sheet
- Place in refrigerator for one hour
- Preheat oven to 350 degrees
- Place Rice Chex in a small flat-bottomed container, like a pie tin
- Coat each patty one at a time in the Rice Chex covering both sides
- Put the patties on a cooking sheet and place in the oven for around 20-25 minutes

