

## Chicken Oat Patty



**QUAKER**

Servings: 8 | Prep Time: 5 minutes | Cook Time: 25 Minutes

# Chicken Oat Patty

Brought to you by Manuel Villacorta, MS, RD



## Ingredients

- 2 pounds ground chicken
- 4 cups Quaker® Oats (Quick 1-minute)
- 2 large eggs
- ½ cup nonfat milk
- ½ cup red onion, diced
- Salt, pepper and garlic powder to taste
- Canola oil spray



## Preparation

1. Pre-heat oven to 350°F.
2. In a large bowl, place the ground chicken, the oats, eggs, milk, onion, salt, pepper and garlic powder. Mix well.
3. With your hands, form eight (~6.5 ounces) patties.
4. Spray canola oil on the baking sheet.
5. Place the patties in a baking sheet.
6. Bake for 15 minutes.
7. Flip the patties, spray canola oil on top of the patties and bake for another 10 minutes.

### NUTRITION FACTS (PER SERVING):

300 calories, 11 g fat, 3 g sat fat, 110 mg cholesterol, 110 mg sodium, 29 g total carb, 4 g fiber, 2 g sugar, 22 g protein, 4% DV calcium, 2% DV vitamin D, 0% DV vitamin C, 4% DV vitamin A, 15% DV potassium, 15% DV iron, 25% DV thiamin, 20% DV magnesium, 0 g added sugar

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