

Chicken Bacon Burgers



- 4 pounds chicken thighs, diced
- 1/2 pound Applewood-smoked bacon
- 1 1/2 teaspoons red pepper flakes
- 1/4 cup extra virgin olive oil
- 1 1/2 teaspoon oregano
- 1/2 teaspoon garlic, granulated
- 1/2 yellow onion, finely diced
- Salt and pepper

optional toppings

- Butter lettuce
- Sautéed Vidalia or sweet onions
- Pepper jelly
- Brioche or Hawaiian style buns

Dice chicken thighs and bacon into 1/2-inch pieces. Place on a baking sheet and put in the freezer for 20–30 minutes. Place diced chicken thighs and bacon from freezer, olive oil and onion in food processor; pulse until very finely chopped, but bits of bacon and chicken remain. Add remaining ingredients and pulse until incorporated. Taste for seasoning by rolling a little of the mixture into a ball and placing in the microwave for 20 seconds to cook. Add more salt and pepper if necessary, then form into patties and place onto a baking sheet until ready to cook.

Cook to 165 degrees internal temperature and serve with your favorite bread and toppings.

Recipe by Chef Greg Lipman featured on the Georgia Grown Stage, 2019 Georgia National Fair.

Featured recipes are not independently tested, so we must depend on the accuracy of the cooks sending them. Always use safe food handling, preparation and cooking procedures from the recognized experts.

Send us your recipes! The best entry each month will appear in the Gazette and receive a FREE cookbook.

Send recipe, name, address to:

Walton Gas; Attn: Recipe
P.O. Box 260
Monroe, GA 30655
or gazette@waltonemc.com

GRILL UP *Georgia Chicken*

May is National BBQ Month and grilling season is officially here. This year, start the season off right by celebrating Georgia's status as the Poultry Capital of the World.

Georgia produces more broiler chickens than any state in the nation. Poultry production accounts for over half of our state's total agricultural output, and is a vital component of Georgia's economy.

Not only is chicken good for the Peach State's economy, it's also good for you. Chicken provides the most nutrients of all meats, but with the least number of calories. Plus it can be prepared in numerous, tasty ways – including cooking it on your natural gas grill.

Be a master chicken griller

Use these basic techniques for preparing moist, tender chicken breasts on a gas grill:

THIN IT. Before grilling, use a meat mallet to flatten breasts to a uniform 3/4-inch thickness.

SOAK IN SALT WATER. To keep chicken moist, give it a salt-water bath. Combine 2 cups cold water with 1 tablespoon table salt. Submerge the chicken in the brine for 20 minutes to 1 hour. Rinse off the brine and pat dry before applying any seasonings.

WATCH THE COOKING TEMPERATURE. Use a grill surface thermometer to set the natural gas grill surface temperature to 450 degrees. If you don't have a thermometer, use the medium setting, which is about 450 degrees on most gas grills.

GRILL WITH CARE. Place chicken over direct heat and close the grill lid. Flip every five minutes for 20–25 minutes. Use an instant-read thermometer inserted into the thickest part of the breast to determine doneness at 165 degrees internal temperature. Cooking longer will dry the chicken, but undercooking is unsafe.

Allow the chicken to rest off of the heat for about 5 minutes before serving.

Try a new recipe

Launch your summer grilling season with a new chicken recipe. Check out recipes like Georgia Grown Chicken Bacon Burger at georgiagrown.com.



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