spicy Jalapeno chicken burgers and serve them on a bed of greens with some sliced avocado: [https://onceamont...](https://onceamonthmeals.com/recipes/paleo-jalapeno-chicken-burgers/)

Ingredients

1 ½ pounds Ground Chicken

⅔ cups dice Onion, White

¼ cups chop Cilantro, Fresh

2 teaspoons mince Garlic, Cloves

2 teaspoons seed and dice Jalapeño

[1 teaspoon Cumin](http://amzn.to/1Mq0hUD)

[1 teaspoon Paprika](http://amzn.to/1jaJqLT)

[1 teaspoon Red Pepper Flakes](http://amzn.to/1jaG6QP)

Freezer Containers

[1 Gallon Freezer Bag](http://amzn.to/1MrUP1H)

Supplies

[Parchment Papers](http://amzn.to/1RU7vQT)

[Labels](http://amzn.to/1ZaFj1G)

Nutritional Information

1 serving = 1 burger

270 Calories

14g Total Fat

4g Sat Fat

0g Trans Fat

145mg Cholesterol

105mg Sodium

3g Total Carb

1g Fiber

1g Total Sugars (Includes 0g Added Sugars)

30g Protein

24 minutes

Make It Now Cooking Directions

These directions are for cooking this recipe to serve immediately and NOT to freeze for later.

Using clean hands, mix together ground chicken, onion, cilantro, garlic, jalapeño, ground cumin, paprika, and red pepper flakes in a large bowl.

Divide mixture and form into indicated number of patties.

Grill over medium-high heat and flip when bottom side of burger no longer sticks to the grill grates, about 6-8 minutes.

Continue cooking until cooked through, about 6-8 minutes.

13 minutes

Freeze For Later Cooking Directions

These directions help you cook or prepare this meal PRIOR to being frozen for serving later (see [Serving Day Directions](https://onceamonthmeals.com/recipes/paleo-jalapeno-chicken-burgers/#serving-day-directions) when you are ready to prepare it to eat).

[Why would I want to freeze this?](https://onceamonthmeals.com/support/what-exactly-is-freezer-cooking/)

Using clean hands, mix together ground chicken, onion, cilantro, garlic, jalapeño, ground cumin, paprika, and red pepper flakes in a large bowl.

Divide mixture and form into indicated number of patties.

Alternate patties and squares of parchment/wax paper.

Divide among indicated number of freezer bags, label and freeze.

16 minutes

Make From Frozen Serving Day Directions

These directions help you cook or reheat this meal AFTER it's been frozen for when you are ready to eat it.

Thaw: In fridge

Grill over medium-high heat and flip when bottom side of burger no longer sticks to the grill grates, 6-8 minutes.

Continue cooking until cooked through, 6-8 minutes.

44 Comments

[Join the discussion](https://onceamonthmeals.com/recipes/paleo-jalapeno-chicken-burgers/#respond)

https://secure.gravatar.com/avatar/f278975e5af2278a3c1f98137672a35b?s=32&d=mm&r=gPatti says:

[August 5, 2013 at 12:26 am](https://onceamonthmeals.com/#comment-9589)

These are amazing! Add a little more salt than you think you should.

[Reply](https://onceamonthmeals.com/recipes/paleo-jalapeno-chicken-burgers/#comment-9589)

https://secure.gravatar.com/avatar/809f25d96fd6f909bb05410c7625fc78?s=32&d=mm&r=gBuffy Foster says:

[November 7, 2013 at 6:29 am](https://onceamonthmeals.com/#comment-9590)

This is one of my favorite recipes! I happened to have some leftover roasted poblanos and onions that I threw in, that worked out great. This has become a healthy staple in our household. Thank you!

[Reply](https://onceamonthmeals.com/recipes/paleo-jalapeno-chicken-burgers/#comment-9590)

[December 3, 2013 at 4:25 am](https://onceamonthmeals.com/#comment-9591)

Yes, do add the guacamole. It adds SO much to the burger.

[Reply](https://onceamonthmeals.com/recipes/paleo-jalapeno-chicken-burgers/#comment-26674)

https://secure.gravatar.com/avatar/145e9b3a9908ea1044bfa500925403e3?s=32&d=mm&r=gAshley P. says:

[April 28, 2014 at 5:08 am](https://onceamonthmeals.com/#comment-9596)

These were really good! I used a whole jalepeno for 1 lb of ground chicken- they had an awesome kick to them!

No grill, no problem. You can certainly fry these in a skillet. I also have a handy dandy grill pan that I use stovetop.

[Reply](https://onceamonthmeals.com/recipes/paleo-jalapeno-chicken-burgers/#comment-9615)

https://secure.gravatar.com/avatar/f4f8d6b2e62f420d264b9d73b3ec72ea?s=32&d=mm&r=ged Beene says:

[May 1, 2014 at 12:12 am](https://onceamonthmeals.com/#comment-9598)

When using any hot peppers remember to remove all seeds before adding to recipes. Most of the :heat” is in those seeds.

https://secure.gravatar.com/avatar/62844ab72567152a441bd2c591623f33?s=32&d=mm&r=gAdrianne Conrad says:

[September 11, 2017 at 2:43 pm](https://onceamonthmeals.com/#comment-22272)

The calorie count on these burgers seems insanely high if ground chicken is really the only main ingredient. The other items are pretty much zero calories. if using ground chicken breast, 6 oz of ground chicken breast would only be 165 calories so these are 200 calories each at most. What am I missing?

I was wondering what type of healthy bun and cheese would go well with these?

[Reply](https://onceamonthmeals.com/recipes/paleo-jalapeno-chicken-burgers/#comment-9604)

https://secure.gravatar.com/avatar/e99357f1ee8c8ca03aafdc8ca7c2e8ef?s=32&d=mm&r=gdebbie says:

[March 2, 2015 at 10:13 pm](https://onceamonthmeals.com/#comment-9618)

Ashley, to be really paleo I sometimes sandwich between two thick slices of sweet potato, but if you tend to lean towards just a gluten free option try these: <http://againstthegraingourmet>….. Cheese is not Paleo, but if you want the healthiest option, you could choose a raw milk cheese, from a grass fed animal.

That depends on your taste buds and if you’re eating Paleo or just like the recipe 🙂 let us know what you decide and how it tastes!

[Reply](https://onceamonthmeals.com/recipes/paleo-jalapeno-chicken-burgers/#comment-20532)

https://secure.gravatar.com/avatar/18f37708b7c945b661ff0cd29d55abc9?s=32&d=mm&r=gAnne Tisdale says:

[June 20, 2017 at 1:43 pm](https://onceamonthmeals.com/#comment-21183)

Do you use white ground chicken, dark or a combination?

[Reply](https://onceamonthmeals.com/recipes/paleo-jalapeno-chicken-burgers/#comment-21183)

https://secure.gravatar.com/avatar/b1ca2bbb2b5fad21f930f2feae94a161?s=32&d=mm&r=gOnce a Month Meals says:

[June 23, 2017 at 9:47 am](https://onceamonthmeals.com/#comment-21211)

It’s ground chicken and we recommend buying already ground. But if you’re grounding it yourself, it doesn’t matter. Happy cooking!

[Reply](https://onceamonthmeals.com/recipes/paleo-jalapeno-chicken-burgers/#comment-21211)

https://secure.gravatar.com/avatar/54356e5c189cdde4b6069e4a00bf5282?s=32&d=mm&r=gHeather says:

[June 27, 2017 at 11:45 am](https://onceamonthmeals.com/#comment-21265)

If you freeze the patties, do they need thawed before cooking? Or can you grill them from frozen?