Chicken Burger Bowl with Avocado Pesto

1 lb. ground chicken

¼ cup minced red onion

1/4 cup fresh parsley, chopped

1/2 Tablespoon chili powder

2 teaspoons sea salt

½ teaspoon black pepper

Avocado Pesto

½ cup basil leaves

1/2 cup fresh parsley

¼ cup pine nuts

1/4 cup olive oil

 Juice from ½ lemon

¾ teaspoon sea salt

1 large avocado, peeled and pitted

Bowls

 A few handfuls of lettuce for each bowl

 Cherry tomatoes, cut in half

 A sprinkle of pine nuts, or your favorite nut

Mix together burger ingredients in a large bowl with hands.

Form into 4 patties.

Place all pesto ingredients in food processor, except avocado.

Process until smooth.

Add avocado and 2-4 Tablespoons water to adjust consistency.

Grill chicken burgers until cooked through.

Place lettuce in bowls.

Top with tomatoes and pine nuts.

Add burger and avocado pesto to bowls.