Spinach and Artichoke Chicken Burger

1 pound ground chicken

1 teaspoon olive oil

1 onion, diced

2 cloves garlic, minced

3 cups fresh spinach, chopped

3/4 cup chopped artichoke

zest of 1 lemon

1/2 teaspoon salt

crushed red pepper flakes, to taste

avocado

pita bread

Heat oil in skillet.  Saute onion until softened.

Add garlic and  half of spinach and cook until wilted.

Cool mixture.

Combine spinach mixture, chicken, artichoke, lemon zest, salt and red pepper flakes in a large bowl.

Combine with hands or a wooden spoon.

Shape into 4-6 patties - depending on the size you like.

Grill on each side until cooked through.

Serve burgers in warm pitas along with avocado and remaining spinach.