



"Hidden" Veggie Hamburger

This recipe is a good way to serve vegetables to a child without them knowing that they are there! Make extra, bake them and freeze for a quick meal.

U.S.

1/2 lb	Ground Beef, lean (90/10)
1 cup	Mushrooms, cleaned, rough chopped
3/4 cup	Zucchini, washed, rough chopped
1/4 each	Onion, rough chopped
1 large	Egg
3/4 cup	Whole Wheat Bread Crumbs
1 Tbsp	Worcestershire Sauce
1 tsp	Olive Oil
to taste	Black Pepper, ground
5 slices	Cheddar Cheese, low-fat, sliced
5 each	Sandwich Thins, Whole Wheat, toasted
1 1/4 cup	Spinach

Metric

226 g
96 g
93 g
1/4 each
1 large
84 g
15 mL
5 mL
to taste
5 slices
5 each
37.5 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 375°F (190°C).
3. Place all the vegetables except the spinach in a food processor and pulse until chopped small. Alternatively, chop by hand until the vegetables are a small dice.
4. Place the ground beef, chopped vegetables, egg, bread crumbs, Worcestershire sauce and black pepper into a large bowl.
5. Combine all ingredients together by hand until blended well. Shape the burger mixture into 5 (4 oz) patties.
6. Line a baking sheet with foil and spray with cooking spray. Place the patties in a single layer onto the cooking sheet.
7. Cook the burgers into the oven until they reach the internal temperature of 165°F (74°C) (about 30 minutes).
8. Add the cheese and place back in the oven for 1 minute to melt.
9. Serve the burgers on a toasted whole wheat thins with spinach and any other favorite condiments.

Nutrition Facts	
Serving size	1 (4 oz) burger with bun
Servings	5 burgers
Calories	332
Calories from Fat	100
Total Fat	12 g
Saturated Fat	3 g
Trans Fat	0 g
Monounsaturated Fat	2.5 g
Cholesterol	79 mg
Sodium	461 mg
Carbohydrates	35 g
Dietary Fiber	7 g
Sugars	4 g
Protein	26 g
Vitamin A	97 %
Calcium	28 %
Vitamin C	12 %
Iron	4 %
Phosphorus	219 mg