



Turkey Mushroom Burgers (GERD)

<u>U.S.</u>		<u>Metric</u>
16 oz	Crimini Mushrooms, minced	170g
2 tsp	Olive Oil	10mL
2 cloves	Garlic, minced	6g
12 oz	Turkey, ground, 99% lean	283g
1 large	Egg, beaten	1 large
1 Tbsp	Tomato Paste	10g
2 tsp	Worcestershire Sauce	10mL
1/4 cup	Parmesan Cheese, grated	38g
1/4 tsp	Salt	1.5g
To taste	Black pepper	To taste
As needed	Cooking Spray	As needed
5 each	Whole Wheat Hamburger Buns	5 each
5 slices	Swiss Cheese, reduced fat	5 slices
1 cup	Arugula	20g

Preparation:

1. Gather all ingredients and equipment.
2. In a food processor or blender, chop mushrooms into small pieces. Set aside.
3. Heat a medium saute pan over medium-high heat and add the olive oil. Once the oil is hot, add the mushrooms. Liquid will begin to release from the mushrooms - saute until the mushrooms are soft and most of the liquid has evaporated. This will prevent the burgers from being soggy.
4. Add the garlic and cook for about 30 seconds. Turn off the heat and transfer to a bowl to cool.
5. Once the mushrooms have cooled slightly, add the remaining ingredients. Mix until evenly incorporated.
6. Shape into 5, 4-ounce patties. Ideally, the patties should be slightly wider than the bun you will be using, as they will shrink slightly when they cook.
7. Coat a large nonstick skillet with cooking spray. Cook the burgers over medium heat for about 3-5 minutes, or until browned and crispy. Flip the burgers carefully and cook for about 2-4 minutes longer. When burgers are almost done cooking, top each with a slice of cheese and cover the pan with a lid to allow the cheese to melt. The burgers are done when the cheese is melted and a thermometer inserted in the center registers 165°.
8. Assemble each burger on a whole wheat bun with arugula, or with your own favorite toppings.

****Nutrition Facts on Reverse**

Nutrition Facts

5 Servings

Serving size **1 burger**

Amount per serving

Calories **350**

Total Fat 11 g

 Saturated Fat 4.5 g

 Trans Fat 0 g

 Monounsaturated Fat 2 g

Cholesterol 100 mg

Sodium 570 mg

Total Carbohydrate 29 g

 Dietary Fiber 4 g

 Total Sugars 6 g

 Includes 0g Added Sugars

Protein 35 g

Vitamin D 0 %

Calcium 6 %

Iron 4 %

Potassium 500 mg

Phosphorus 165 mg
