



Turkey Mushroom Burgers

Yield: 5 servings

Ingredients

12 ounces mushrooms	¼ teaspoon ground black pepper
2 teaspoons extra virgin olive oil	1 tablespoon minced garlic
12 ounces turkey, ground, 99% lean	Cooking spray, as needed
1 large egg	5 whole wheat hamburger buns
1 tablespoon tomato paste	5 slices Swiss cheese, reduced fat
2 teaspoons Worcestershire sauce	1 cup arugula
¼ cup grated Parmesan cheese	
¼ teaspoon Kosher salt	



Instructions

1. In a food processor, or with a knife, chop mushrooms into small pieces. Set aside.
2. Heat a large non-stick skillet over medium-high heat and add the olive oil. Once the oil is hot, add the mushrooms. Sauté until the mushrooms are soft and most of the liquid has evaporated.
3. Meanwhile, in a medium sized bowl, add the turkey, egg, tomato paste, Worcestershire sauce, Parmesan cheese, salt and pepper. Mix until well combined.
5. Add the garlic to the mushrooms and cook for 30 seconds. Turn off the heat and cool slightly.
5. Once the mushrooms have cooled slightly, add them to the turkey mixture and stir well to combine.
6. Shape turkey mixture into five equally-sized patties.
7. Coat the large non-stick skillet with cooking spray. Cook the burgers over medium heat for about 3 to 5 minutes., or until browned. Flip the burgers and cook for another 2 to 4 minutes.
8. When the burgers are almost done cooking, top each with a slice of cheese and cover the skillet with a lid to allow the cheese to melt.
9. The burgers are done when the cheese is melted, and a thermometer inserted in the center of the burger registers 165 degrees.
10. Assemble each burger on a whole wheat bun with arugula.

Nutrition Information **Serving Size: 1 burger**

Calories: 332 | Total Fat: 16 g | Saturated Fat: 4.5 g | Monounsaturated Fat: 4 g | Polyunsaturated Fat: 2.2 g
Sodium: 492 mg | Total Carbohydrate: 20.6 g | Dietary Fiber: 3 g | Sugars: 5 g | Protein: 30.6 g

Source: Adapted from Health Meets Food

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