

"Hidden" Veggie Hamburger

Yield: 5 servings

Ingredients

½ pound ground beef,
lean (90/10)
1 cup mushrooms, cleaned,
rough chopped
¾ cup zucchini, washed, rough
chopped
¾ cup onion, rough chopped
1 large egg
¾ cup whole-wheat
breadcrumbs
1 tablespoon Worcestershire
sauce
Ground black pepper to taste
5 slices cheddar cheese
5 sandwich thins, whole-wheat,
toasted
1 cup spinach

Instructions

1. Preheat oven to 375 degrees.
2. 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.
3. Place chopped vegetables onto a towel or cheesecloth and squeeze out excess liquid from vegetables. This will prevent the burgers from getting soggy.
4. Place the ground beef, chopped vegetables, egg, breadcrumbs, Worcestershire sauce and black pepper into a large bowl.
5. Combine all ingredients together by hand until well mixed. Shape the burger mixture into 5 4 ounce 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 in the oven until they reach the internal temperature of 165 degrees (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 thin with spinach and any other favorite condiments.

Nutrition Information

Serving Size: 1 (4 oz) burger with bun

Calories: 332
Total Fat: 12 g
Saturated Fat: 3 g
Monounsaturated Fat: 2.5 g
Sodium: 461 mg
Total Carbohydrate: 35 g
Dietary Fiber: 7 g
Sugars: 4 g
Protein: 26 g

Source: Health Meets Food



SPECTRUM HEALTH



Presented by
Culinary Medicine