



## "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>U.S.</u>		<u>Metric</u>
1/2 lb	Ground Beef, lean (90/10)	226 g
1 cup	Mushrooms, cleaned, rough chopped	96 g
3/4 cup	Zucchini, washed, rough chopped	93 g
1/4 each	Onion, rough chopped	1/4 each
1 large	Egg	1 large
3/4 cup	Whole Wheat Bread Crumbs	84 g
1 Tbsp	Worcestershire Sauce	15 mL
1 tsp	Olive Oil	5 mL
To taste	Black Pepper, ground	To taste
5 slices	Cheddar Cheese, sliced	5 slices
5 each	Sandwich Thins, Whole Wheat, toasted	5 each
1 cup	Spinach	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 chopped vegetables onto a towel or cheesecloth and squeeze out excess liquid from vegetables. This will prevent the burgers from getting soggy.
5. Place the ground beef, chopped vegetables, egg, bread crumbs, Worcestershire sauce and black pepper into a large bowl.
6. Combine all ingredients together by hand until well mixed. Shape the burger mixture into 5 (4 oz) patties.
7. Line a baking sheet with foil and spray with cooking spray. Place the patties in a single layer onto the cooking sheet.
8. Cook the burgers into the oven until they reach the internal temperature of 165°F (74°C) (about 30 minutes).
9. Add the cheese and place back in the oven for 1 minute to melt.
10. Serve the burgers on a toasted whole wheat thin with spinach and any other favorite condiments.

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## Nutrition Facts

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5 Servings

**Serving size**                      **1 (4oz) burger**

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**Amount per serving**

**Calories**                              **390**

Calories from Fat                      160

**Total Fat**                              18 g

    Saturated Fat                        9 g

    Trans Fat                             0 g

    Monounsaturated Fat               1 g

**Cholesterol**                         105 mg

**Sodium**                                450 mg

**Total Carbohydrate**                35 g

    Dietary Fiber                        7 g

    Total Sugars                         4 g

        Includes 0g Added Sugars

**Protein**                                27 g

Vitamin D                                1 %

Calcium                                  2 %

Iron                                        4 %

Potassium                                396 mg

Phosphorus                               53 mg

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