



## Turkey Mushroom Burgers (GERD)

<u>U.S.</u>		<u>Metric</u>
16 oz	Crimini Mushrooms, minced	170 g
2 tsp	Olive Oil	10 mL
1 tsp	Garlic powder	1 tsp
12 oz	Turkey, ground, 99% lean	283 g
1 large	Egg, beaten	1 large
1 Tbsp	Tomato Paste	10 g
2 tsp	Worcestershire Sauce	10 mL
1/4 cup	Parmesan Cheese, grated	38 g
1/4 tsp	Salt	1.5 g
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	20 g

### Preparation:

1. Gather all ingredients and equipment.
2. In a food processor or blender, chop mushrooms into small pieces. Set aside.
3. Heat olive oil in a medium saute pan over medium-high heat. Once the oil is hot, add the mushrooms. Saute until the mushrooms are soft and most of the liquid has evaporated. Transfer to a medium bowl and set aside to cool.
4. Once the mushrooms have cooled enough to handle, add the remaining ingredients. Mix until evenly incorporated.
5. Shape into 5, 4-ounce patties making the patties slightly wider than the bun you will be using.
6. Coat a large nonstick skillet with cooking spray. Cook the burgers over medium heat for about 3-5 minutes, or until browned and crispy.
7. Flip the burgers carefully and cook for about 2-4 minutes longer. When burgers are almost done cooking with an internal temperature of 160F, top each with a slice of cheese and cover the pan with a lid to allow the cheese to melt.
8. Assemble each burger on a whole wheat bun with arugula, or with your own favorite toppings.

**\*\*Nutrition Facts on Reverse**

7/21/20

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## Nutrition Facts

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5 Servings

**Serving size**                      **1 burger**

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**Amount per serving**

**Calories**                              **350**

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**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                                        5 %

Potassium                                500 mg

Phosphorus                               170 mg

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