

SIMPLE TURKEY MUSHROOM BURGERS

INGREDIENTS

- 1 lb Turkey (breast) (lean) (ground)
- 2 C Mushrooms (sliced) (cremini)
- 1/4 C Parsley (fresh) (chopped)
- 1 1/2 T Worcestershire sauce **OR** vegan worcestershire sauce
- 1/2 t Onion salt
- 1 T Vegetable oil
- Non-stick cooking spray
- 4 Whole-wheat **OR** Gluten-Free rolls or buns
- Lettuce leaf & Tomato slice (optional)



DIRECTIONS

- 1 In a large bowl, combine the turkey, 1 C of the mushrooms, parsley, Worcestershire & onion salt
- 2 With clean hands, mix the ingredients until thoroughly combined & shape into equal-size patties
- 3 Set the patties aside & warm the oil in a large saute pan at medium-heat
- 4 When hot, add the remaining mushrooms & cook, stirring until brown (2 minutes)
- 5 Transfer the mushrooms to a plate & cover to keep warm
- 6 Place the patties in the sauce pan over medium-heat & cook, turning occasionally (12-14 minutes) or until a thermometer inserted in the center registers 165°F & the meat is no longer pink

NOTES

Serves 4

