

# TURKEY MUSHROOM & DILL BURGERS WITH LEMON SCALLION SAUCE

## INGREDIENTS

- 2 slices** Whole-wheat **OR** gluten-free bread (crusts removed) (torn into pieces)
- 8 oz** Mushrooms (white)
- 3 t** Olive oil (extra-virgin) (divided)
- 1** Onion (medium) (finely chopped)
- 2 cloves** Garlic (minced)
- 1 lb** Turkey breast (lean) (ground)
- 1/4 C** Egg substitute (lightly beaten)
- 3 T** Dill (fresh) (chopped)
- 1 1/2 T** Whole-grain mustard
- 1/2 t** Salt
- 1/4 t** Black pepper
- 6** Whole-wheat or gluten-free buns
- 6** Lettuce leaves
- 6** Tomato slices



## DIRECTIONS

- 1 Place bread in a food processor & pulse into fine crumbs & transfer to a large bowl
- 2 Pulse mushrooms in the food processor until finely chopped
- 3 Heat 2 t oil in a large nonstick skillet over medium-high heat
- 4 Add onion, garlic & mushrooms & cook, stirring occasionally
- 5 Continue cooking & stirring until tender & liquid has evaporated (10 minutes)
- 6 Add to breadcrumbs & let cool completely (15 - 20 minutes)
- 7 Add turkey, egg substitute, dill, mustard, 1/2 t salt, 1/4 t pepper to the mushroom mix
- 8 Mix well with a potato masher
- 9 Rub oil over your grill & then pre-heat the grill to medium-high heat
- 10 With slightly wet hands form the mix into 6 burgers (1/8 of a cup for each) (should be 1/2 inch thick)
- 11 Brush the burgers with the remaining 1 t oil
- 12 Grill until no longer pink in the center (5 minutes per side)
- 13 Split buns & toast on the grill (30 - 60 seconds)
- 14 Serve burgers on buns with the Lemon, Green Onion Sauce, lettuce and tomato.

## NOTE

- 1 Serves 1
- 2 Burgers can be prepared & stored in refrigerator for 8 hours **OR** frozen for up to 3 months
- 3 Frozen burgers should thaw in the refrigerator before cooking
- 4 Don't using non-stick cooking spray on a hot grill
- 5 Scroll to down to page 2 for a Lemon Green Onion Sauce recipe



# LEMON & GREEN ONION SAUCE

## INGREDIENTS

- 1/4 C** Sour cream (non-fat) **OR** vegan tofu sour cream **OR** vegan soy-free sour cream
- 2 T** Mayonnaise (non-fat or low fat) **OR** vegenaïse
- 1 1/2 T** Scallions (green onions) (chopped)
- 1/2 t** Lemon zest (grated)
- 1 t** Lemon juice
- Pinch** Salt (or to taste)
- Pinch** Black pepper (to taste)



## DIRECTIONS

- 1 Mix all ingredients in a small bowl
- 2 Whisk until blended.
- 3 Cover & refrigerate sauce for up to 2 days

