

PORTABELLO TURKEY BURGER

INGREDIENTS

- 1 Mushroom cap (portabello) (large)
- 1 T Shallot (coarsely chopped)
- 3 T Parsley (lightly packed) (fresh)
- 1 1/4 lbs Turkey (lean) (ground)
- 2 T Olive oil (extra-virgin) (plus more for brushing)
- 1 t Worcestershire sauce
- Black pepper (to taste)
- Dijon mustard, vegenaïse **OR** Smart Beat non-fat mayonnaïse & sliced avocado for topping



DIRECTIONS

- 1 Use a spoon to scrape out the 'gills' from the underside of the mushroom cap
- 2 Cut the cap into 1 inch pieces & place in a food processor
- 3 Add the shallot & parsley & pulse until chopped
- 4 Transfer mushroom mix to a large bowl & add the turkey, olive oil, Worcestershire sauce
- 5 Add pepper & gently combine the mix with your hands
- 7 Divide into 4 balls & then lightly press into 4" wide & 1 " thick burgers
- 8 Put on a large plate, cover & refrigerate until firm (1 hour)
- 6 Pre-heat a grill to medium
- 7 Grill the burgers until they are marked on the bottom (4-5 minutes)
- 8 Give the patties a quarter turn & cook until marked again (4- 5 minutes)
- 9 Flip the patties & grill until cooked through (6-7 minutes)
- 10 Spread a mix of the dijon mustard & mayo over the burgers & top with avocado slices

NOTES

Makes 4 burgers

Fresh off the grill before adding the optional topping

