



# Mushroom Burger

*This Recipe Serves 4*

## Ingredients

1 pound lean ground turkey

½ teaspoon garlic powder

¼ teaspoon ground black pepper

4 whole-wheat hamburger buns,  
about 1½ oz. each

1 tablespoon trans-fat  
free margarine

8-ounces sliced mushrooms

1. Prepare an indoor or outdoor grill.
2. In a medium bowl, mix together turkey, garlic powder and black pepper. Divide turkey into four equal portions, shaping into a patty.
3. Place patties on grill rack; grill 3-4 minutes per side or until juice run clear.
4. In a medium sauté pan, heat margarine over medium-high heat. Add mushrooms and sauté for 5 minutes until soft. Place each burger on bun, top with mushrooms.

***Dietitian Tip:*** If you'd like, you can add a slice of reduced-fat Swiss cheese to these burgers. Cheese will add extra calories and fat, but not too many carbs.

***Make It Gluten-Free:*** Use gluten-free bread and verify all other ingredients are gluten-free.

***Choices/Exchanges:*** 1½ Starch, 3 Protein, lean, 1 Fat