

COUNT YOUR STEPS

Turkey-Mushroom Burgers (makes 4 servings)

- 1 lb. lean ground turkey breast
- 2 cups sliced mushrooms
- 1/4 cups chopped fresh parsley
- 1 1/2 Tbsp Worcestershire sauce
- 1/2 tsp onion salt
- 1 Tbsp vegetable oil
- 4 whole wheat hamburger buns, split



In a large bowl, combine the turkey, 1 cup of the mushrooms, the parsley, Worcestershire sauce, and onion salt. With clean hands, mix the ingredients until thoroughly combined and shape into equal-size patties. Set aside. Warm the oil in a large skillet over medium heat. When hot, add the remaining 1 cup of mushrooms and cook, stirring, for 2 minutes, or until brown. Transfer the mushrooms to a plate and cover to keep warm. Place the patties in the skillet over medium heat and cook, turning occasionally, for 12 to 14 minutes, or until a thermometer inserted in the center registers 165°F and the meat is no longer pink. Set the patties on the buns, top with the sautéed mushrooms, and serve.

Per serving: Calories 305; Fat 8.5g, (Sat Fat 1.7g); Cholesterol 79.4mg; Carbohydrate 24g; Total Sugars 3.9g; Sodium 553.3mg; Protein 32.2g; Fiber 1.4g.
(Source: <http://recipes.prevention.com>)

