



... It's Worth the Trip!



THINKING OUTSIDE THE BOX

Mushroom Turkey Burger

Many would agree that a grilled burger ranks up there as a favorite food. Some also have to admit that in seeking out a tasty burger, their healthy eating goals are derailed because alongside the burger which is slathered in high fat mayo and topped with a slice of something orange imitating as cheese, is also a large basket of high calorie French fries. Often times the French fries really weren't desired and only consumed because they were served with the burger.

Believe it or not, with just a few tweaks, this American favorite can be made so nutritious that it can be a mainstay in any healthy eating style. The most important start is to prepare your burgers at home and then be creative with making them full of flavor and juiciness, while limiting the sodium and unhealthy fats. For years, chefs have been adding chopped mushrooms to ground meat to enhance the flavor of their dishes and to make their burgers even juicier, and the public being none the wiser. Consumers flocked back because what these chefs created tasted amazing! Now that the secret is out, dietitians are excitedly encouraging home cooks to substitute chopped/minced mushrooms for 20-25 % of the ground meat in recipes for burgers, chili, meatloaf, tacos, etc. This not only stretches the food dollar, but it also increases the intake of vegetables, provides a good source of Vitamin D, and decreases calories and saturated fat without any sacrifice to flavor.

To build a lifelong healthy eating style, aim to choose a variety of foods and beverages from each food group while limiting sodium, saturated fat and added sugars. Follow the [MYPLATE TIPS](#) at least 80-90 % of the time, but be sure to savor a dessert or treat yourself from time to time.

This meal is a MyPlate win because it uses lean ground turkey and chopped mushrooms as the base for the patties. The burger is topped with a tangy grilled pineapple instead of mayo, while being served on a whole wheat bun. Instead of fries, a big wedge of fresh watermelon or an ear of corn on the cob rounds out the meal.



+



+



+



+



Directions:

1. Use a food processor to chop 8 oz. of button mushrooms and 2 garlic cloves to resemble the ground turkey. (This can also be done by hand.)
2. Place 1 ½ lbs. of ground turkey and the mushrooms and garlic in a large bowl and add 3 tbs. of fresh chives (chopped). Mix until the ingredients are evenly incorporated.
3. Divide the mixture into 8 equal pieces, and then form each piece into a ¾ inch burger patty.
4. Brush the grate of a grill with olive oil, and then heat the grill to medium-high.
5. Sprinkle both sides of the burgers with the salt and pepper and place the burgers on the grate. Grill the burgers until they are seared on both sides. When the meat reaches 165 degrees, the burgers are done. Remove the burgers from the grill and onto a clean plate.
6. While the burgers are cooking, prepare the pineapple slices. Drain the juice from the can; gently pat dry each slice with a clean towel; brush one side of each slice slightly with BBQ sauce.
7. Once the burgers have been removed from the grill, turn

Serves: 4

the grill off and quickly place the pineapple slices BBQ sauce side down. Brush the tops with BBQ sauce and grill each side for about 1-2 minutes.

8. Assemble each burger by placing a patty on a whole wheat bun, and then top the patty with a slice of grilled pineapple and if desired, lettuce and tomato and a little more BBQ sauce.
9. For each plate, serve one burger with a big wedge of watermelon or an ear of cooked corn on the cob.

NOTES:

- The burgers and pineapple can be prepared over high-heat using the stove and frying pan. Heat the pan and add the burgers to the dry pan. Cook until the patties reach a temperature of 165 degrees (Cook 2 batches of 4.)
- The leftover burgers warm quickly in the microwave. Use them for a meal later in the week or for an office lunch.
- The next time you make a meatloaf or spaghetti sauce, don't forget the mushrooms. Just be sure to keep the ratio of mushrooms and meat 1 to 4.

DISCLAIMER: YOU MAY USE ANY LIKE PRODUCTS OF ANY BRAND IN MAKING THIS HEALTHY CHOICE MEAL. THE PICTURES HERE ARE NOT AN ENDORSEMENT OF THESE PRODUCTS.

FOR ADDITIONAL MEAL SOLUTIONS, PLEASE [CLICK HERE](#) OR VISIT COMMISSARIES.COM/HEALTHY-LIVING/HEALTHY-EATS.CFM.