

Turkey Mushroom Burger

Ingredients

- 1 lb. Pure Ground Turkey Meat
- 1 Tbsp. parsley
- 1 Tbsp. Worcestershire sauce
- 1 tsp. onion salt
- 1 Tbsp. butter/margarine
- 1 cup sliced fresh mushrooms
- 4 whole grain buns, split



Nutrition Facts

320 Caloires
14g Fat
23g Carbs
1g Fiber
1g Sugar
24g Protein

Prep Time:

7 mins

Total Time:

27 mins

Makes:

4 servings

How To

MIX turkey, parsley, Worcestershire sauce and onion salt in large bowl. Shape into 4 (4-inch) patties;

set aside

MELT butter in large skillet on medium heat. Add mushrooms; cook and stir 2 to 3 minutes or until tender. Remove mushrooms from skillet; cover to keep warm. Add patties to skillet; cook on medium heat 12 to 14 minutes or until cooked through, turning occasionally. Serve in buns; top with mushrooms.