



OMG Onion Mushroom Goodness Burgers



1/5th of recipe (1 patty): 185 calories, 8.25g total fat (3g sat. fat), 535mg sodium, 4.5g carbs, 0.75g fiber, 1.5g sugars, 23.5g protein

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Prep: 10 minutes **Cook:** 15 minutes



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Ingredients

2 cups chopped mushrooms
1 1/4 lbs. raw lean ground turkey
One 1-oz. packet onion soup/dip seasoning mix

Directions

Bring a large skillet sprayed with nonstick spray to medium-high heat. Cook and stir mushrooms until softened, about 5 minutes.

Transfer to a large bowl. Add turkey and seasoning mix. Thoroughly mix. Evenly form into 5 patties.

Bring a grill pan (or large skillet) sprayed with nonstick spray to medium-high heat. Cook patties for about 5 minutes per side, until cooked through.

MAKES 5 SERVINGS

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