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Mushroom Lovers CLUB

BLENDED TURKEY AVOCADO MUSHROOM BURGER

These juicy turkey burgers are extra satisfying when blended with 50% mushrooms and topped with fresh, creamy Avocados and Swiss cheese.

Prep Time: 10 minutes | Cook Time: 25 minutes

INGREDIENTS

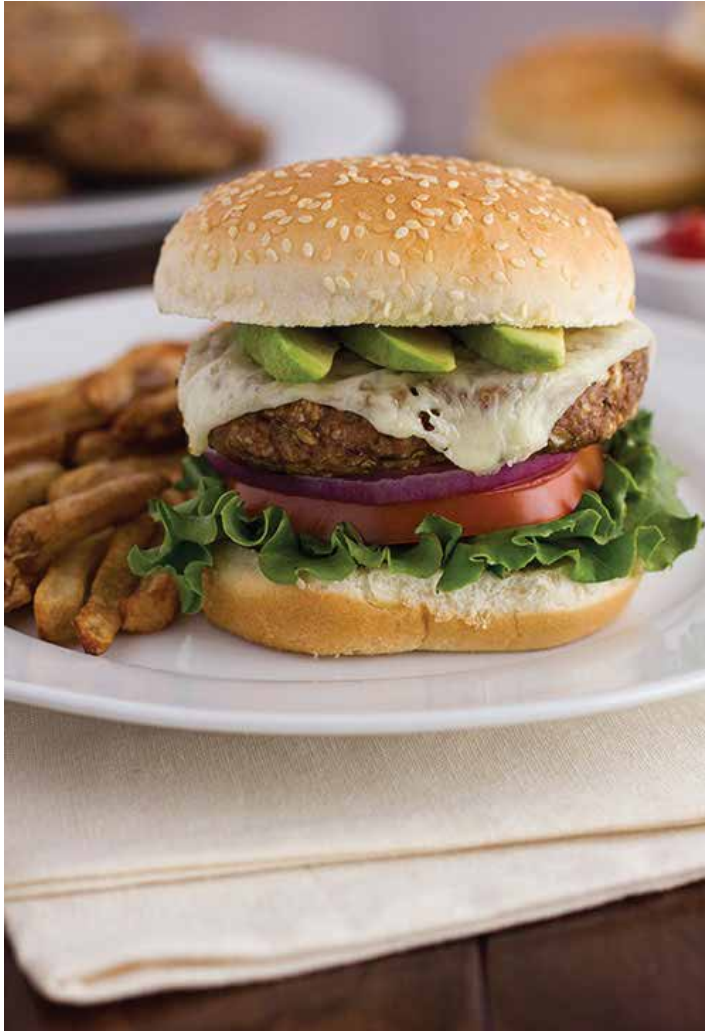
- ½ lb. mushrooms, finely chopped
- 1 lb. lean ground turkey
- 1 tsp Mexican seasoning
- 1/2 small onion, finely diced
- 1 clove garlic, minced
- ½ cup breadcrumbs
- 1 egg

- 1 medium ripe avocado, peeled and sliced
- 1 cup baby spinach
- 1 medium tomato, sliced
- 1 small red onion, sliced
- 5 hamburger buns

Toppings:

Swiss cheese, mayonnaise, ketchup, mustard, pickles

Serves: 6



METHOD

1. Place the mushrooms in a food processor fitted with a metal blade. Pulse until finely chopped.
2. In a large bowl combine mushrooms, turkey, seasoning, onion, garlic, breadcrumbs and egg; mix

all ingredients until incorporated. Form into 6 patties (1/3 lb), and cook either on the barbecue or on the stove-top until internal temperature reaches 160°F.

3. Place patty on warmed bun and top with sliced avocado, spinach, tomato and red onion.

Blended **RECIPE**

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