



## Mushroom Burger

### INGREDIENTS

2 Tbsp olive oil, divided	10 oz button mushrooms; diced
1 (16 oz) portobello mushroom; diced	10 ounces shiitake mushrooms; diced
1 medium white onion, chopped	2 eggs
½ cup Panko breadcrumbs	1 cup Parmigiano Reggiano cheese, grated
Salt and pepper to taste	

### DIRECTIONS

In a medium saute pan, heat 1 TBS of oil on medium high heat. Add chopped onion into pan. Cook until softened about 2 minutes. Add all chopped mushrooms into pan. Cook down until all juices are gone and mushrooms are brown and slightly crispy about 20-30 minutes. Add salt and pepper to taste. Remove from pan into a large mixing bowl. Let cool. Add eggs, breadcrumbs and cheese. Mix well. Form mushroom mixture into five equal-sized round patties. Heat a clean saute pan on medium high heat with remaining oil. Place patties onto pan. Cook for 2 minutes on each side or until outside is crispy and golden brown. Add condiments of your choice. Makes 5 patties; 220 calories each.

### DIETARY SWAPS

- Instead of breadcrumbs use: Almond flour, Coconut flour, rolled oats or Corn meal
- Instead of eggs as a binder, replace each egg with: ¼ cup avocado or 1 TBS flax or chia seeds plus 3 tablespoons boiling water, whisked together
- Instead of cheese as a texture ingredient, use: Tofu, Cooked grains or rice, Ground nuts