



Turkey Mushroom Burger

Instructions:

Mix salt & pepper into the ground turkey and form a large patty.

Preheat oven to 425 and bake for 15 minutes.

Coat a small sauce pan with 3 seconds of Pam.

Add the mushrooms and cook covered on low to medium heat without stirring for 12 minutes.

Pour the mushrooms on top of the burger.

Unlimited on the lean protein diet

Prep Time:

5 minutes

Cook Time:

15 minutes

Ingredients:

6 oz. ground white meat
turkey or chicken

1 medium portabella
mushroom - sliced

salt & pepper to taste

Pam