



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.

Counts as 1 dinner main

Prep Time:

5 minutes

Cook Time:

15 minutes

Ingredients:

5 oz. ground white meat
turkey or chicken

1 medium portabella
mushroom - sliced

salt & pepper to taste

Pam