



Mexican Beef-Mushroom Patty Melts

Prep: 30 minutes

Grill: 10 minutes • Serves: 4

Nonstick cooking spray

- 2 packages (8 ounces each) baby bella mushrooms, finely chopped
- 1 teaspoon 40% less-sodium taco seasoning
- ¼ teaspoon ground black pepper
- 1½ cups sliced Vidalia onion
- ¼ cup sliced jalapeño peppers
- ¾ pound 93% lean ground beef
- 8 slices whole wheat bread
- 4 slices Muenster cheese
- ½ cup black bean and corn salsa
- 1 avocado, peeled, pitted and sliced

1. Prepare outdoor grill for direct grilling over medium heat. Spray large skillet with cooking spray; heat 1 minute over medium-high heat. Add mushrooms, taco seasoning and black pepper; cook 10 minutes or until very tender, golden brown and all liquid has evaporated, stirring occasionally. Cool slightly.

2. Spray second large skillet with cooking spray; heat 1 minute over medium heat. Add onion and jalapeño peppers; cook 8 minutes or until very tender and golden brown, stirring occasionally.

3. In large bowl, thoroughly mix ground beef and mushroom mixture; form into 4 (½-inch-thick) patties. Make shallow indentation in center of each patty.

4. Spray both sides of patties with cooking spray; place on hot grill rack, cover and cook 8 minutes or until internal temperature reaches 160°, turning once. About 4 minutes before burgers are done, grill bread until grill marks appear, turning once. About 2 minutes before burgers are done, top burgers with cheese.

5. Serve burgers on bread topped with onion-pepper mixture, salsa and avocado.

*Approximate nutritional values per serving (1 burger):
498 Calories, 22g Fat (8g Saturated), 77mg Cholesterol,
575mg Sodium, 40g Carbohydrates, 10g Fiber, 8g Sugars, 35g Protein*

Dietitian's Dish

> Adding meatless ingredients like walnuts, mushrooms, beans and grains to a burger boosts the nutrients and flavor. Walnuts add heart-healthy ALA omega-3 fatty acids. Mushrooms add umami flavor without the need for salt.