



## Middle Eastern Mushroom Burgers

**Prep: 30 minutes plus cooling and standing**

**Grill: 10 minutes • Serves: 4**

- 1 cup bulgur
- Nonstick cooking spray
- 4 medium portobello mushrooms, stems removed and chopped
- ½ cup walnut pieces
- 3 tablespoons crumbled feta cheese
- 3 tablespoons tahini
- ½ teaspoon ground black pepper
- ½ teaspoon ground coriander
- ½ teaspoon ground cumin
- ½ teaspoon kosher salt
- ¼ cup plain nonfat Greek yogurt
- 3 tablespoons finely chopped fresh parsley
- 3 (6½-inch) whole wheat pita bread rounds, each cut into 3 wedges (1 wedge reserved for another use)
- 4 slices beefsteak tomato

**1.** In medium bowl, add bulgur and ½ cup boiling water; let stand 1 hour.

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

**3.** In food processor, pulse mushrooms, walnuts, cheese, tahini, pepper, coriander, cumin, salt and bulgur until some small pieces remain, scraping down bowl occasionally; form into 4 (¾-inch-thick) patties.

**4.** In small bowl, whisk yogurt and parsley. Makes about ¼ cup.

**5.** Spray both sides of patties with cooking spray; place on hot grill rack, cover and cook 10 minutes or until lightly browned, turning once. Serve burgers on pita wedges topped with tomato and yogurt mixture.

*Approximate nutritional values per serving (1 burger):  
454 Calories, 19g Fat (3g Saturated), 7mg Cholesterol,  
549mg Sodium, 62g Carbohydrates, 11g Fiber, 5g Sugars, 17g 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.