



## Mushroom-Swiss Burger Bowl

**Prep: 15 minutes**

**Cook: 15 minutes • Serves: 4**

- 1. Quick Barley:** Prepare  $\frac{1}{2}$  (11-ounce) package quick barley (about  $1\frac{1}{4}$  cups) as label directs.
- 2. Ground Beef:** Heat large skillet over medium-high heat; spray with cooking spray. Add  $\frac{3}{4}$  pound 93% lean ground beef; cook 8 minutes or until browned, breaking up beef with side of spoon.
- 3. Onion Soup & Dip Mix:** Stir 1 tablespoon each onion soup & dip mix and water into skillet; cook 2 minutes or until liquid is absorbed. With slotted spoon, transfer beef to bowl.
- 4. Mushrooms:** Add 1 (8-ounce) package sliced white mushrooms to same skillet; spray with cooking spray and cook 4 minutes or until tender, stirring occasionally.
- 5. Spreadable Cheese:** In small microwave-safe bowl, heat  $\frac{3}{4}$  (6-ounce) package light creamy Swiss spreadable cheese (6 wedges) in microwave oven on high 40 seconds or until heated through, stirring every 20 seconds; stir in  $\frac{1}{8}$  teaspoon ground cayenne pepper or chipotle powder. Divide barley into 4 bowls; top with beef mixture, mushrooms and cheese mixture. Garnish with thinly sliced green onions, if desired.

*Approximate nutritional values per serving (1 bowl):*

*339 Calories, 11g Fat (4g Saturated), 60mg Cholesterol,  
677mg Sodium, 35g Carbohydrates, 5g Fiber, 3g Sugars, 25g Protein*

## Dietitian's Dish

- > Amaranth, quinoa and buckwheat are actually "pseudo-grains," which are normally included with true cereal grains (like barley and rice) because their nutritional profiles, preparations and uses are so similar.