



Mushroom-Swiss Turkey Burgers

This better-for-you grilled turkey burger does it all. No grill on hand? This recipe can also be prepared on stovetop; cooking times will vary.

Ingredients *Serves 4*

2	tablespoons extra-virgin olive oil	1	pound lean ground turkey
1	clove garlic, minced	2	teaspoons gluten-free Worcestershire sauce
¾	teaspoon ground pepper, divided	1	teaspoon Dijon mustard
½	teaspoon salt, divided	4	slices Swiss cheese
8	portobello mushroom caps, stems and gills removed	1	small tomato, thinly sliced
		3	cups baby arugula

Preparation *Total Time: 30 minutes*

STEP 1: Preheat grill to medium-high. Combine oil, garlic, and ¼ teaspoon each pepper and salt in a small bowl. Brush portobello caps with the oil mixture; set aside to marinate at room temperature for 10 minutes.

STEP 2: Meanwhile, combine ground turkey, Worcestershire, mustard, and the remaining ½ teaspoon pepper and ¼ teaspoon salt in a medium bowl. Gently mix to incorporate. (Do not overmix.) Shape into four ¾-inch-thick patties and set aside.

STEP 3: Oil the grill rack. Place the mushrooms, cap-side down, on the grill rack. Grill, covered, until just tender, about 4 minutes per side. Transfer the mushrooms to a plate; cover to keep warm. Oil the rack again; place the turkey patties on the oiled rack. Grill, covered, until the patties are lightly charred and an instant-read thermometer inserted in the center registers 165°F, 4 to 5 minutes per side. Place 1 cheese slice on each patty during the last minute of cooking. Transfer the patties to a plate and let rest for 5 minutes. (If your grill is large enough, grill the portobello caps and the patties at the same time.)

STEP 4: Place each patty on the stem side of a portobello cap; top evenly with tomato slices and arugula. Cover with the remaining portobello caps, stem-side down, and serve immediately.

Nutrition *Per Serving*

332 Calories, Total Fat: 18 g, Saturated Fat: 4 g, Cholesterol: 94 mg, Carbohydrates: 10 g, Fiber: 3 g, Total Sugars: 6 g, Added Sugars: 0 g, Protein: 33 g, Sodium: 503 mg, Potassium: 1044 mg, Iron: 2 mg, Folate: 76 mcg, Vitamin A: 742 IU, Vitamin C: 7 mg

Calcium: 332 mg