



The EatingWell Diet

Errata for page 182

In Step 4, use about $\frac{1}{2}$ cup of the turkey mixture (not $\frac{1}{8}$ cup) to form each patty.

PER SERVING (WITHOUT BUN
OR GARNISHES):

193 CALORIES

10 g fat (2 g sat, 5 g mono)

95 mg cholesterol

9 g carbohydrate

17 g protein

2 g fiber

419 mg sodium

385 mg potassium

NUTRITION BONUS:

Potassium (19% daily value)

Healthy \times Weight

Lower \downarrow Carbs

ACTIVE TIME: 45 MINUTES

TOTAL: 1 HOUR

TO MAKE AHEAD: Prepare patties through Step 4. Wrap individually and refrigerate for up to 8 hours or freeze for up to 3 months. Thaw in the refrigerator before cooking.

INGREDIENT NOTE:

- Check labels carefully and select ground turkey breast. Regular ground turkey, which is a mixture of dark and white meat, has a higher fat content (similar to that of lean ground beef).

TURKEY-MUSHROOM BURGERS

Ground turkey is the standard lean alternative to ground beef, but burgers made from it can be dry, bland and—well, a little pale-looking. We've solved those problems by extending the ground meat with mushrooms, producing an uncommonly juicy, flavorful burger.

- 2 slices whole-wheat sandwich bread, crusts removed, torn into pieces
- 8 ounces white mushrooms, wiped clean
- 3 teaspoons extra-virgin olive oil, divided
- 1 medium onion, finely chopped
- 2 cloves garlic, minced
- 1 pound lean ground turkey breast (see Note)
- 1 large egg, lightly beaten
- 3 tablespoons chopped fresh dill
- 1 $\frac{1}{2}$ tablespoons coarse-grained mustard
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon freshly ground pepper
- 6 whole-wheat buns (optional)
- Lettuce leaves & tomato slices for garnish

1. Place bread in a food processor and pulse into fine crumbs. Transfer to a large bowl. Pulse mushrooms in the food processor until finely chopped.
2. Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add the onion, garlic and mushrooms; cook, stirring occasionally, until tender and liquid has evaporated, about 10 minutes. Add to breadcrumbs and let cool completely, 15 to 20 minutes.
3. Preheat grill to medium-high.
4. Add ground turkey, egg, dill, mustard, salt and pepper to the mushroom mixture; mix well with a potato masher. With dampened hands, form the mixture into six $\frac{1}{2}$ -inch-thick patties, using about $\frac{1}{2}$ cup for each.
5. Oil the grill rack (see Tip, page 245). Brush the patties with the remaining 1 teaspoon oil. Grill until no longer pink in the center, about 5 minutes per side. (An instant-read thermometer inserted in the center should register 165°F.) Meanwhile, split buns and toast on the grill for 30 to 60 seconds, if using. Serve burgers on buns, garnished with lettuce and tomato, if desired.

MAKES 6 SERVINGS.

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