

Pecan Mushroom Burgers

(or loaf)

Servings: 8

Ingredients

1. 2/3 c. bulgur
2. 3/4 tsp. salt, divided
3. 1 c. boiling water
4. 6 tsp. extra-virgin olive oil, divided
5. 8 oz. white or brown mushrooms, stems trimmed, and chopped
6. 1 1/2 cups chopped onion (1 large)
7. 1 1/2 Tbl. balsamic vinegar
8. 3/4 c. pecan halves
9. 1 large egg, lightly beaten
10. 1/2 c. fine dry breadcrumbs
11. Freshly ground pepper to taste
12. 8 whole-wheat buns

Directions:

1. Place bulgur and 1/4 tsp. salt in a small bowl. Pour the boiling water over, cover and set aside until the water is absorbed, about 20 minutes. Drain in a sieve, pressing out excess liquid.
2. Meanwhile, heat 2 tsp. oil in a large nonstick skillet over medium heat. Add mushrooms, onion and remaining 1/2 tsp. salt; cook, stirring, until the vegetables are softened, 8 to 10 minutes. Stir in vinegar. Immediately transfer the mixture to a plate and let cool to room temperature, about 30 minutes.
3. Toast pecans in a small dry skillet over medium-low heat, stirring, until fragrant, 4- to 6-minutes. Transfer to a plate to cool.
4. Combine the vegetable mixture and pecans in a food processor; pulse briefly until coarsely chopped. Add egg and the bulgur; pulse briefly, scraping down the sides if necessary, until the mixture is cohesive but roughly textured. Transfer to a bowl; stir in breadcrumbs and pepper. Mix well.
5. With dampened hands, form the mixture into eight 1/2-inch-thick patties, using about 1/2 cup for each. (*Patties can be individually wrapped and refrigerated for up to 2 days or freeze for up to 3 months. Thaw in the refrigerator before cooking.*)
Loaf: Instead of making into patties, spray a medium sized casserole with cooking spray and press the bulgur-mushroom mixture into similar to making meatloaf. Bake at 375 degrees for 60-minutes.
6. Using 2 tsp. oil per batch, cook 4 patties at a time in a large nonstick skillet over medium heat until evenly browned and heated through, about 4 minutes per side. Meanwhile, split and toast buns, if using, to serve the burgers on.

Nutrition: (Serving size: 1 patty [not including bun], or 1/8th loaf)

calories: 203 protein: 5.1g total carbohydrate: 19.8g total fat: 12.3g
sugars: 3.1g sodium: 282mg saturated fat: 1.5g dietary fiber: 4.1g