

Mushroom Turkey Burger



Recent research found that adding food safety information to recipes led to consumers improving their safe food handling behaviors. Following the food safety information will help you reduce the risk of foodborne illness! For more on safe handling of poultry—when you shop and at home—go to www.fightbac.org.

INGREDIENTS

- 1 whole mushroom
- ¼ lb ground turkey
- 1½ tsp soy sauce
- ½ tbsp onion powder
- ⅛ tsp salt
- ⅛ tsp black pepper

DIRECTIONS

Wash your hands with soap and warm water for 20 secs. before you begin this recipe.

Run cold water over the mushroom while rubbing gently with your finger tips. Use a paper towel to dry.

Remove the stem from the mushroom and chop using your vegetable cutting board.

Spray a medium sauté pan with cooking spray. Preheat pan over medium high heat.

Remove the wrapper from the ground turkey. Place the ground turkey into a medium bowl.

Wash your hands with soap and warm water for 20 secs. after handling the ground turkey.

Add the chopped mushroom, soy sauce, onion powder, salt and pepper to the ground turkey. Mix with hands or a wooden spoon. Once mixed thoroughly form into a burger patty and place into the preheated pan.

Wash your hands with soap and warm water after placing the patty into the pan.

Cook the patty for 5 minutes on each side.

Insert the cooking thermometer into the side of the burger, with the tip extending into the center, and continue cooking until the internal temperature reaches 165 °F.