Mushroom Turkey Burger

Don’t WING IT
PRACTICE SAFE POULTRY HANDLING

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
   ¼ tsp salt
   ⅛ tsp black pepper

DIRECTIONS

Wash your hands with soap and water.

Gently rub the mushroom under cold running water.

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 water.

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 water.

Cook the patty until the internal temperature reaches 165 °F on food thermometer.