



# Cooking in the Kitchen at Olums

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*Cooking Delicious Recipes  
that are Easy & Nutritious!*  
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## Better For You Burger

Serves 4

### Ingredients:

- ½ lb. any variety mushroom
- 1 Tbsp. olive oil
- 1 lb. ground beef
- ½ tsp. salt
- ½ tsp. black pepper
- 4 buns

### Directions:

1. Finely dice mushrooms or gently pulse in food processor.
2. In skillet, warm 1 tablespoon olive oil on medium-high heat and add mushrooms, cooking 5-7 minutes, or until golden brown.
3. Remove from heat and cool 5 minutes. Transfer cooled mushrooms to medium bowl.
4. Add ground beef, salt, and pepper, mixing until combined. Make 4 patties.  
*Tip: refrigerate the patties for one hour before grilling to help them hold their shape.*
5. Preheat the grill. Place the burgers on the grill and then sear the patties to create a crust. Then move the patties away from direct heat to finish cooking. Cook for about 4 – 5 minutes per side until they reach desired doneness, or until internal temperature reaches at least 160° F. Plate and add desired toppings to bun.

*Recipe adapted from the Mushroom Council.*

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