**Mushroom "Burgers"**

****

These hearty, healthy "burgers" get an unexpected crunchiness from the addition of oat bran. The burgers go well with sides like a tossed spinach salad garnished with crumbled cheese or garlicky croutons.

**Ingredients:**

* 1 1/2 cups cubed mushrooms (5 oz.), preferably portobellos
* 3 extra-large eggs, beaten
* 1/2 cup oat bran
* 8 oz. low-fat Swiss cheese, or Jarlsberg, shredded
* 1/2 cup chopped parsley
* Salt and freshly ground black pepper to taste
* 3 Tbs. vegetable oil for pan-frying
* Parsley leaves for garnish
* Shredded cheese for garnish, optional

**Preparation:**

* Combine mushrooms, beaten eggs, oat bran, shredded cheese, parsley, and salt and pepper in large mixing bowl. Shape mixture by hand, pressing ingredients together into burgers.
* Heat large skillet over medium heat. When hot, add 2 tablespoons oil, place several burgers at a time in skillet and pan-fry for 3 to 4 minutes, or until golden. Turn over, and pan-fry second side until golden. Remove from heat, and drain on paper towels. Repeat, adding remaining oil, until mixture is gone.
* To serve, arrange burgers on plate, and garnish with parsley and cheese, if desired.

Yields 4 servings

Calories – 270 with low fat cheese, 370 with regular cheese.