



Mushroom Burgers

★★★★☆

Ready to turn over a new burger? I guarantee no one will be missing the beef after tasting these vegetarian burgers. They're moist, tender and full of flavor. — Denise Hollebeke, Penhold, Alberta

TOTAL TIME: Prep/Total Time: 25 min.

YIELD: 4 servings.

Ingredients

2 cups finely chopped fresh mushrooms

2 large eggs, lightly beaten

1/2 cup dry bread crumbs

1/2 cup shredded cheddar cheese

1/2 cup finely chopped onion

1/4 cup all-purpose flour

1/2 teaspoon salt

1/4 teaspoon dried thyme

1/4 teaspoon pepper

1 tablespoon canola oil

4 whole wheat hamburger buns, split

4 lettuce leaves

Directions

1. In a large bowl, combine the first 9 ingredients. Shape into four 3/4-in.-thick patties.

2. In a large cast-iron or other heavy skillet, heat oil over medium heat. Add burgers; cook until crisp and lightly browned, 3-4 minutes on each side. Serve on buns with lettuce.
