



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

# Dietitian's Dish

## Stretch Your Food Dollar - Be a Blenditarian

The idea of stretching high cost foods while boosting nutritional value is one that has emerged in recent years. The Mushroom Council uses the phrase blenditarian to explain their use of finely chopped mushrooms combined with ground meats into a meal. The mushrooms add umami flavor that enhances those natural to the meat. And, mushrooms also contribute B vitamins, Riboflavin, Niacin, Selenium, Copper, and Potassium. They have many nutrients which have protective effects on the heart and blood pressure, which is a great reason to include them in your meals.

By blending the mushrooms and ground beef, the burger stays juicier (which is difficult with 93% lean ground beef) without sacrificing flavor.

**Take one look at this incredible burger and tell me it isn't calling your name!**

Would you be able to tell that it's only half the ground beef? That means half the cost, lower saturated fat and fewer calories than a traditional 100% beef burger.



### Mexican Beef - Mushroom Patty Melts



#### Ingredients:

- 2 packages (8 ounces each) baby bella mushrooms, finely chopped
- 1 tsp. less-sodium taco seasoning
- 1/4 tsp. ground black pepper
- 1-1/2 cups sliced Vidalia onion
- 1/4 cup sliced jalapeño peppers
- 3/4 pound 93% lean ground beef
- 8 slices whole wheat bread
- 4 slices Muenster cheese
- 1/2 cup black bean and corn salsa
- 1 avocado, peeled, pitted and sliced

#### Directions:

1. Prepare outdoor grill for direct grilling over medium heat. Spray large skillet with cooking spray; heat 1 minute over medium-high heat. Add mushrooms, taco seasoning and black pepper; cook 10 minutes or until very tender, golden brown and all liquid has evaporated, stirring occasionally. Cool slightly.
2. Spray second large skillet with cooking spray; heat 1 minute over medium heat. Add onion and jalapeño peppers; cook 8 minutes or until very tender and golden brown, stirring occasionally.
3. In large bowl, thoroughly mix ground beef and mushroom mixture; form into 4 (1/2-inch-thick) patties. Make shallow indentation in center of each patty.
4. Spray both sides of patties with cooking spray; place on hot grill rack, cover and cook 8 minutes or until internal temperature reaches 160°, turning once. About 4 minutes before burgers are done, grill bread until grill marks appear, turning once. About 2 minutes before burgers are done, top burgers with cheese.
5. Serve burgers on bread topped with onion-pepper mixture, salsa and avocado.