



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

# Dietitian's Dish

## Serve up Sustainability - With Mushrooms!

Choosing foods that are sustainable is important for the planet.

But when those foods also help boost your immune system and cost less, that's great for you too! Mushrooms require minimal water, electricity, and space to grow - making them sustainable. They are less expensive than meat, so blending ground meat with mushrooms stretches your food budget. Their savory umami flavor enhances recipes. Adding mushrooms means extra veggies and more nutrients. Mushrooms also add moisture when blended into burgers. So, grab some mushrooms and blend with meat for a variety of flavor combinations and recipes!

### Mighty Mushroom Blended Burger

#### Ingredients:

- 1/2 lb. mushrooms (any variety)
- 2 Tbsps. olive oil, divided
- 1 lb. ground beef
- 1/2 tsp. salt



#### Directions:

1. Finely dice mushrooms or gently pulse in food processor.
2. In skillet, warm 1 Tbsp. 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 and salt, mixing until combined. Makes 4 patties.
5. Add remaining olive oil to pan and cook burger patties on medium-high heat until internal temperature reaches at least 160°F.
6. Serve on burger buns, bread rounds, lettuce leaves, etc. and top as desired. The flavor combinations are endless!

### Basic Mushroom Meat Blend

#### Ingredients:

- 3 Tbsps. vegetable oil
- 1 lb. white button mushrooms, finely chopped
- 1 lb. ground beef, pork, turkey or chicken
- 1 Tbsp. salt



#### Directions:

1. Place a 12-inch frying pan over medium heat and add oil.
2. Once the oil is warm, add the mushrooms and stir to coat.
3. Add half the salt to the mushrooms and cook, stirring occasionally, until most of the moisture has evaporated (8 to 10 minutes).
4. Add the ground meat and remaining salt. Stir well to break up the meat and sauté until the meat is cooked through, about another 10 minutes. Add water as needed if mixture is dry.
5. Use in tacos, Buddha bowls, meat sauce, etc. as a swap for ground meat.



Recipes and image (burger only) courtesy of the Mushroom Council.