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DIET CENTER

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**OPEN-FACED BURGERS WITH
ONION-MUSHROOM TOPPING**

Intermediate Lifestyle

Ingredients

2 TSP olive oil
1 medium sweet onion, sliced and separated into rings
1 (8 oz.) packages pre-sliced mushrooms
1/2 TSP salt
2 TSP balsamic vinegar
1-1/2 TBS paprika
1/2 TSP salt
1/2 TSP dried thyme
1/4 TSP ground red pepper
1/4 TSP freshly ground black pepper
1 lb. ground round
2 English muffins, split and toasted

Instructions

1. Prepare grill.
2. Heat oil in a large nonstick skillet over medium-high heat. Add onion, and cook 5 minutes or until golden. Add mushrooms and salt. Cook 5 minutes, stirring constantly. Add vinegar, remove mixture from pan. Set aside.
3. Combine paprika and next 4 ingredients, divide ground round into 4 equal portions, shaping each into a 1/2-inch thick patty. Coat patties with spice mixture. Grill patties 4 minutes on each side or until done. Place burgers on muffin halves, and top each burger with 1/4 cup onion mixture.

Portion-Per-Serving Information (Yields 4 servings)

Serving = 1 patty + 1 muffin half + 1/4 cup onion mixture = 1 P, 1/2 G, 1 V