



MUSHROOM VEGGIE BURGER

Basic Lifestyle

INGREDIENTS

2 TBS olive oil	1/2 TSP dried oregano
3 (8 ounce) packages sliced fresh mushrooms	2/3 cup rolled oats
1/2 onion, finely chopped	3/4 cup dry bread crumbs
4 cloves garlic, minced	2 eggs, beaten
1 TSP salt	1/2 cup freshly shredded Parmigiano-Reggiano cheese
1/2 TSP black pepper	2 TBS olive oil

INSTRUCTIONS

—Heat 2 TBS olive oil in a large skillet over medium heat; add mushrooms, onion, and garlic to the hot oil and season with salt, black pepper, and oregano. Cook and stir mushroom mixture until mushrooms have given up their juice and the juice has almost evaporated, about 10 minutes. Transfer cooked mushrooms to a cutting board and chop into small chunks with a knife.

—Transfer mushrooms to a large bowl. Mix in rolled oats and bread crumbs; taste for salt and black pepper and add more to taste. Stir Parmigiano-Reggiano cheese into the mixture, followed by eggs. Let mixture stand for the crumbs to soak up excess liquid, about 15 minutes. (At this point you can refrigerate the mixture to cook later if desired.) Moisten hands with a little vegetable oil or water, pick up about 1/4 cup of mixture, and form into burgers.

—Heat remaining 2 TBS olive oil in a skillet over medium heat and pan-fry burgers until browned and cooked through, 5 to 6 minutes.*

*Note: If you don't want to fry them in oil, you can put them in the oven on a sprayed cookie sheet for 7-10 minutes each side at 400 degrees.

SERVING INFO: (Yields 6 servings): 1 veggie burger = 1 P

See photo of recipe at [Instagram](#) and [Facebook](#).