

Mushrooms and Burgers: Perfect Partners



Fresh mushrooms add savory flavor to your burgers, inside and out.

(NAPSA)—Want to raise your hamburgers to a new level? Add chopped fresh mushrooms to the mix. The mushrooms not only add wonderful, savory flavor, but they release their juices as the burgers cook, keeping them moist and juicy. Serve your beautiful burgers open-face with the perfect topper—sliced mushrooms and onion, sautéed in the same skillet.

Mushrooms also give your burgers a nutrition boost! You get B vitamins, heart-healthy potassium and cancer-fighting selenium. For more ways to add mushrooms to your meals, visit www.mushroominfo.com or send a stamped, self-addressed envelope to: Cooking with Mushrooms, P.O. Box 636, New York, NY 10159-0636.

OPEN-FACED MUSHROOM BURGERS

- 1 pound fresh white mushrooms
- 1 pound ground beef
- 1 tablespoon Dijon mustard
- 2 tablespoons olive oil, divided
- 1 medium onion, sliced

- $\frac{1}{4}$ teaspoon *each* salt and ground black pepper
- 4 slices crusty bread, toasted

Chop enough mushrooms to measure $1\frac{1}{2}$ cups; slice remaining mushrooms. In a bowl, combine ground beef, chopped mushrooms and mustard; gently form into 4 burgers. In a large heavy skillet, over medium heat, heat half of the oil. Add sliced mushrooms and onion; cook and stir just until tender, 5 to 6 minutes. Remove to a bowl along with juices. In the same skillet, heat remaining oil. Add burgers; cook until browned and cooked through, 4 to 5 minutes on each side; remove to a plate; keep warm. Pour off excess fat; return mushroom-onion mixture to skillet; add salt and pepper. Cook and stir until hot. Arrange each burger on a toasted bread slice with a lettuce leaf and tomato slice, if desired. Spoon mushroom-onion mixture onto burgers.

YIELD: 4 portions