

Better Burgers

SERVES 8

Ingredients

1½ cups old-fashioned rolled oats
1 cup ground walnuts
1 cup water
¼ cup tomato paste
No-salt seasoning blend, adjusted to taste,
or ¼ cup Dr. Fuhrman's MatoZest
1 cup diced onion
3 cloves garlic, minced
6 cups finely minced mushrooms
2 teaspoons dried basil
½ teaspoon dried oregano
2 tablespoons minced fresh parsley
Freshly ground pepper to taste
⅔ cup frozen chopped spinach, thawed

Note: *If desired, 8 ounces of ground turkey breast may be mixed in before forming the patties.*

Directions

Preheat the oven to 350°F.

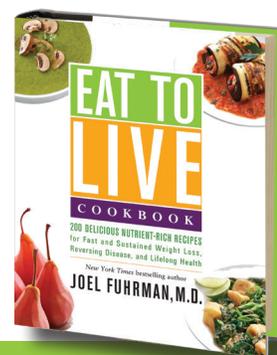
Combine rolled oats and ground walnuts in a bowl. Set aside.

In a small saucepan, whisk together water, tomato paste, and MatoZest or other no-salt seasoning blend. Heat over medium-high heat until boiling. Pour over rolled oats and walnuts. Stir well and set aside.

Heat 2 tablespoons water in a sauté pan and add onion and garlic. Sauté until onion is translucent. Add mushrooms, basil, oregano, parsley, black pepper, and additional water, if needed to prevent sticking. Cover and cook for 5 minutes, or until mushrooms are tender.

In a large bowl, combine sautéed onions and mushrooms, rolled oat/walnut mixture, and spinach. Stir well to combine. With wet hands, shape ⅓ cup of mixture into a well-formed burger. Place on a lightly oiled baking sheet and repeat with remaining mixture. Bake for 15 minutes. Turn burgers to bake the other side for another 15 minutes.

Remove from the oven and cool slightly. Serve on small, whole-grain hamburger buns or whole-grain pita bread halves. Top with thinly sliced, raw red onion and no-salt or low-sodium ketchup.



PER SERVING: CALORIES 199; PROTEIN 9g; CARBOHYDRATES 21g; TOTAL FAT 11.1g; SATURATED FAT 1.1g; SODIUM 101mg; FIBER 4.4g; BETA-CAROTENE 1,642ug; VITAMIN C 12mg; CALCIUM 50mg; IRON 2.5mg; FOLATE 55ug; MAGNESIUM 86mg; ZINC 1.5mg; SELENIUM 14.1ug

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in Dr. Fuhrman's *Eat to Live Cookbook*.