



Uploaded to VFC Website

▶▶▶▶ January 2013 ◀◀◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://www.veteransforchange.org)

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation
Tax ID #27-3820181*

If Veteran's don't help Veteran's, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



Pecan and Mushroom Burgers

Prep Time: 15 mins

Cook Time: 25 mins

Rest Time: 50 mins

Total Time: 1 h 30 mins

Ingredients

- ❖ 1/3 cup(s) yogurt, low-fat plain, or non-fat yogurt
- ❖ 3 tablespoon cheese, blue (crumbled), (1 ounce)
- ❖ 1 1/2 tablespoon vinegar, balsamic
- ❖ 2/3 cup(s) bulgur
- ❖ 3/4 teaspoon salt, divided
- ❖ 1 cup(s) water, boiling
- ❖ 6 teaspoon extra-virgin olive oil, divided
- ❖ 8 ounce(s) mushrooms, white or brown, stems trimmed, wiped clean and chopped
- ❖ 1 tablespoon cheese, blue (crumbled), from recipe, (optional)
- ❖ 1 1/2 cup(s) onion(s), chopped (1 large)
- ❖ 3/4 cup(s) nuts, pecans, halves
- ❖ 1 large egg(s), lightly beaten
- ❖ 1/2 cup(s) bread crumbs, fine, dry
- ❖ 8 whole roll, whole wheat
- ❖ pepper, black ground, to taste
- ❖ 1/2 teaspoon vinegar, balsamic
- ❖ 1 bunch(es) watercress, for garnish

Preparation

To Prepare Blue Cheese Sauce:

Combine yogurt, blue cheese and vinegar in a small bowl and blend with a fork to make a chunky sauce.

To Prepare Burgers:

1. Place bulgur and 1/4 teaspoon salt in a small bowl. Pour the boiling water over, cover and set aside until the water is absorbed, about 20 minutes. Drain in a sieve, pressing out excess liquid.
2. Meanwhile, heat 2 teaspoons oil in a large nonstick skillet over medium heat. Add mushrooms, onion and remaining 1/2 teaspoon salt; cook, stirring, until the vegetables are softened, 8 to 10 minutes. Stir in vinegar. Immediately transfer the mixture to a plate and let cool to room temperature, about 30 minutes.
3. Toast pecans in a small dry skillet over medium-low heat, stirring, until fragrant, 4 to 6 minutes. Transfer to a plate to cool.
4. Combine the vegetable mixture and pecans in a food processor; pulse briefly until coarsely chopped. Add egg and the bulgur; pulse briefly, scraping down the sides if necessary, until the mixture is cohesive but roughly textured. Transfer to a bowl; stir in breadcrumbs and pepper. Mix well.

5. With dampened hands, form the mixture into eight 1/2-inch-thick patties, using about 1/2 cup for each.
6. Using 2 teaspoons oil per batch, cook 4 patties at a time in a large nonstick skillet over medium heat until evenly browned and heated through, about 4 minutes per side. Meanwhile, split and toast buns, if using, to serve the burgers on. Garnish the burgers with watercress and the cheese sauce, if desired.

