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# *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.

