

SORGHUM MUSHROOM BURGER, AVOCADO YOGURT SPREAD, WHOLE WHEAT BUN

Serving size: 1 each

Makes 4 servings

SORGHUM MUSHROOM BURGER

- ½ pound Portobello Mushrooms
- 2 TBSP Canola Oil
- 2 TBSP Shallots, chopped
- 2 tsp Garlic Cloves, minced
- 1 TBSP Low Sodium Soy Sauce
- 1 TBSP Balsamic Vinegar
- 1/2 tsp 100% Pure Maple Syrup
- 1 tsp Smoked Paprika
- ¼ tsp Red Pepper Flakes
- ¼ tsp Black Pepper
- pinch Kosher Salt
- 1 cup Sorghum, cooked
- ¼ cup Pumpkin Seeds,

hulled

- 2 TBSP Flaxseeds, ground
- 2 TBSP cup Water
- 1/2 cup Panko Breadcrumbs
- 2 TBSP Cilantro, chopped
- as needed Cooking Spray

AVOCADO GREEK YOGURT DIP

- 2 tsp Lime Juice
- 2/3 cup Plain Greek Yogurt, fat free
- ¼ Avocado, sliced
- 1/8 tsp Black Pepper,
- 1/8 tsp Salt
- 1 TBSP, 1 tsp Cilantro, chopped
- ¼ tsp Cumin, ground

ASSEMBLE

- 4 Whole Wheat Hamburger Buns

Preparation:

Avocado Greek Yogurt Dip

1. Combine avocado, yogurt, lime juice, cumin, cilantro, salt and pepper in a food processor and blend until smooth. Reserve ½ cup to top burgers and refrigerate the rest for an alternate use.

Sorghum Mushroom Burger

1. Remove stems and gills from mushrooms and dice.
2. Heat canola oil in a sauté pan. Add shallots and mushrooms and cook until lightly caramelized, about 1-2 minutes. Add garlic to pan and cook until fragrant, about 20-30 seconds.
3. Add soy sauce, balsamic vinegar, maple syrup, smoked paprika, red chili flakes, pepper and salt. Cook until liquid is reduced by 50%.
4. In a food processor, combine cooked sorghum, mushroom mixture, pumpkin seeds, flax and water. Pulse until mostly smooth. Add panko and cilantro and pulse until combined.
5. Prepare a flat top grill with pan spray and sear patties until golden brown on both sides and heated through.

Assemble

1. Place each patty on a bottom bun and top with 2 TBSP avocado dip, close with top bun and serve.

Registered Dietitian Approved!

NUTRITION FACTS PER SERVING	
calories	510
total fat (g)	23
saturated fat (g)	3.5
trans fat (g)	0
sodium (mg)	580
total carbohydrate (g)	62
dietary fiber (g)	9
sugar (g)	10
protein (g)	19