



## Mushroom & Swiss

Red wine, balsamic and rosemary mushrooms with a garlic, black pepper aioli

I've always liked a good mushroom burger, but the problem is that they're normally pretty high in fat and calories. I cut those down, while amping up the flavor by cooking smarter. We're using 2 thin slices of swiss cheese to hold the mound o' mushrooms in place and boosting the mushroom's flavor with red wine, beef broth, garlic and rosemary. Then, to top it of, we're making a black pepper, garlic, parmesan aioli.

### Ingredients:

#### Savory Ground Turkey Patties:

- 3/4 batch of my "Savory" ground turkey, recipe on pg. 26 Mixed, then formed into (4) 3oz patties. Set aside.

#### Black Pepper & Garlic Aioli Spread:

- 1/2 cup fat free plain Greek yogurt
- 1 Tbsp light/reduced fat mayonnaise
- 1 tsp lemon juice
- 2 medium garlic cloves, crushed and minced.
- 1/4 tsp black pepper
- 1/4 tsp garlic powder
- 1/4 tsp salt
- 1 tsp reduced fat parmesan grated topping, like Kraft brand\*\*

#### Mushrooms:

- 2 (8oz) packages of sliced baby bella (cremini) mushrooms
- 1 medium garlic clove, minced
- 1/4 cup fat free beef broth
- 1 Tbsp red wine
- 1 tsp balsamic vinegar
- 1/4 tsp pepper
- 1/4 tsp salt
- 1 tsp fresh rosemary, finely chopped

#### Additional Ingredients:

- 8 slices ultra thin sliced swiss cheese, such as Sargento or Jarlsberg brand. (12 total points)\*\*

### Servings Info.:

Yields: 4 burgers  
Servings: 4  
Serving Size: 1 burger



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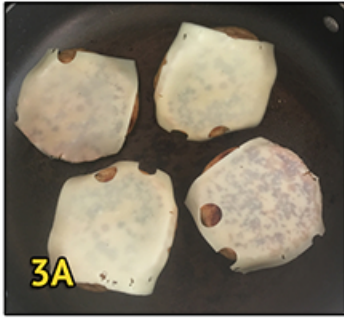
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Listed Points DO NOT INCLUDE BREAD! Use whatever brand buns you want, then add my points.

### Directions:

- 1 Combine all of the Aioli ingredients in a small bowl. Stir to combine, cover and set aside in the fridge, so the flavors can meld together.



- 2 (A) Preheat a large pan over medium heat, till water sizzles on the surface. Spray with cooking spray, then add the mushrooms and garlic. Cook, covered, for 5 minutes. (B) Add the beef broth, red wine, vinegar, salt, pepper and rosemary. (C) Cook, uncovered, over medium heat for 8 to 10 minutes, or until most all of the liquid has evaporated. Taste and season with salt/pepper if needed. Turn off heat, cover the pan, set aside.



3 Heat a large pan over medium heat, till water sizzles on it's surface. **(A)** Place the formed 3oz patties onto the pan and cook for 2.5 minutes. Flip, then cook for 1.5 minutes longer. After the 1.5 minutes, place 1 slice of swiss onto each patty, **(B)** followed by a scoop of mushrooms and then top the mushrooms with 1 final slice of swiss cheese. Pour a little bit of water into the pan, then cover it for 1 minute. The top cheese will melt over the mound o' mushrooms and hold them in place, in a cacoon of melted swiss cheese. Turn off heat, set aside.

4 **ASSEMBLY:** Toast the buns, then **(A)** spread 1 Tbsp of the aioli onto each of the buns (top and bottom). **(B)** Place a burger patty, with the melted cheese and mushrooms onto the bottom bun. **(C)** Cover with the top bun... dig in.



#### NOTES & SUGGESTIONS:

- **CHEESE:** 2 slices of thin sliced sargento brand swiss cheese are 3 points. NORMAL thickness swiss cheese is usually 3 points. So, it gives you options. You can use 2 thin slices, like I did, which are used to keep the 'shrooms from falling out of your burger when you bite it. Or, you can use 1 regular, thicker, 3 point slice on the patty, it's your call. There are 12 total points of swiss cheese for these 4 burgers, as is.
- **THIN SLICED CHEESE:** If you can't find sargento or a different brand "thin" sliced swiss cheese, go to your store's deli section and ask them to cut the cheese for you. Yes... I went there. When you tell them to cut the cheese... tell them you want VERY thin slices, not regular thickness. However, if you ARE able to get that uber-awesome Jarlsberg Swiss cheese, rejoice. THAT cheese is sliced THICK while being the same points as the thin sliced stuff. It's seriously the greatest brand of low point 'light' Swiss, ever.
- **MUSHROOMS:** Use any variety of mushroom you want. You can also use additional mushrooms, chopped up and mixed into the meat, to add more bulk and savoriness to the patties.