

FLIP YOUR

B | U | R | G | E | R

The protein *in* your burger, that is. Chefs and major food-service companies alike have had huge success with plant-forward burgers because they're delicious, satisfying, and better for you. We upped the **veggie-to-beef ratio** in this makeover of a classic burger for a patty that's much lower in fat, yet full of meaty satisfaction.

Mushroom-Beef Burger

Our griller saves 240 calories, 25g fat, 6g sat fat, and 544mg sodium over the classic takeout burger.

A sensible spread of canola mayo, unsalted ketchup, and Dijon mustard saves 185 calories and 180mg sodium over a slather of regular mayo, ketchup, and yellow mustard.

Separate layers of crunch (think red onion and pickles) to maximize texture. Aim for one on each side of the patty.

Our mushroom and ground sirloin blend saves 102 calories, 9g fat, and 3g sat fat per serving over a pound of 80/20 ground beef, with plenty of protein (18g) per serving. A combo of earthy cremini and mild white mushroom varieties still lets the beef star.

Build it on a whole-grain bun for more balanced carbs, plus 2g extra fiber per serving.

Place pickles on the bottom so they stay in place; on top, they'd slip right off the tomato after one bite.

Crisp Bibb or romaine won't wilt on the hot burger like spinach or Boston lettuce.



THERE ARE BURGERS, AND THEN THERE ARE VEGGIE BURGERS. But what if the two worlds could collide? Plants bring complexity, flavor, and intrigue to the classic burger, extending beyond the one dimension of an all-meat patty. They also provide a healthy dose of protein and fiber with far fewer calories than meat. Chefs are now playing with mix-ins like lentils, cauliflower, chickpeas, and wild rice. Here, we start with a half pound of lean ground sirloin and blend in sautéed mushrooms and onions—more than a pound of umami-packed veggies that add moisture and create a rich, meaty mix with less heft. A more plant-packed patty also means you'll rely less on high-sodium marinades and fat-laden spreads. Try burger blends with mashed beans, cooked whole grains like farro or quinoa, chopped roasted beets, or toasted nuts. The key is to get the ratio just right: Too much plant and the patty falls apart and becomes unwieldy; too little and you may as well go all beef. Start with half of each; then back off or increase steadily until you find a blend you love.

MUSHROOM-BEEF BURGER

Hands-on: 40 min. Total: 1 hr. 23 min.
Make sure to process the mushrooms just until coarsely chopped (about 4 pulses) so they match the texture of the ground beef. The mushroom mixture will look a little wet in the pan at first; take the time to let as much liquid as possible cook out for a richer patty that will hold its shape when seared in the pan.

Pickles:

- 1/2 cup white vinegar
- 1 tablespoon chopped fresh dill
- 1 teaspoon kosher salt
- 1 medium English cucumber, cut into 1/8-inch-thick slices (about 2 1/2 cups)

Burgers:

- 1 (8-ounce) container cremini mushrooms, stemmed
- 4 ounces white button mushrooms, stemmed
- 1 tablespoon canola oil
- 1 cup finely chopped onion
- 4 garlic cloves, minced
- 1/2 teaspoon kosher salt, divided
- 1/4 teaspoon freshly ground black pepper, divided
- 8 ounces 90% lean ground sirloin

Cooking spray

- 2 tablespoons canola mayonnaise
- 2 teaspoons unsalted ketchup
- 1 teaspoon Dijon mustard
- 4 (1 1/2-ounce) whole-wheat hamburger buns, toasted
- 4 Bibb lettuce leaves
- 4 (1/4-inch-thick) slices tomato
- 4 (1/4-inch-thick) slices red onion

1. To prepare pickles, combine vinegar, dill, salt, and cucumber in a large zip-top plastic bag or jar; seal. Turn bag until ingredients are well combined. Refrigerate at least 1 hour, turning bag or shaking jar occasionally.

2. To prepare burgers, place cremini and button mushrooms in the bowl of a food processor; pulse 4 to 5 times or until coarsely chopped. Heat a large skillet over medium-high heat. Add oil to pan; swirl to coat. Add onion and garlic; sauté 3 minutes. Add mushrooms, 1/4 teaspoon salt, and 1/2 teaspoon pepper to pan; cook 7 to 10 minutes or until liquid evaporates, stirring occasionally. Remove pan from heat; cool mushroom mixture completely.

3. Place beef in a bowl. Add mushroom mixture to beef; stir just until combined. Refrigerate 10 minutes. Shape beef mixture into 4 (1/2-inch-thick) patties. Sprinkle evenly with remaining 1/4 teaspoon salt and remaining 1/2 teaspoon pepper.

4. Heat a large cast-iron skillet over medium-high heat. Coat pan with cooking spray. Add patties to pan; cook 2 minutes on each side or until desired degree of doneness.

5. Combine mayonnaise, ketchup, and mustard in a small bowl, stirring with a whisk. Spread mayonnaise mixture evenly over bottom and top halves of buns. Place 4 pickle slices on bottom half of each bun (reserve remaining pickles for another use). Top evenly with patties, lettuce, tomato, onion, and top halves of buns.

SERVES 4 (serving size: 1 burger)
CALORIES 306; **FAT** 12.7g (sat 2.6g, mono 5.9g, poly 3g);
PROTEIN 18g; **CARB** 32g; **FIBER** 5g; **SUGARS** 9g
 (est. added sugars 3g); **CHOL** 35mg; **IRON** 3mg; **SODIUM** 531mg; **CALC** 75mg

—Recipe by Hannah Klinger

QUICK PICKLES



Crunchy, dilly refrigerator pickles are ready in just one hour and retain their bite for up to two weeks. They also save 176mg of sodium per serving over store-bought, with a better texture and more balanced vinegar bite. Use the rest of the batch for topping deviled eggs, stirring into creamy dressing, or piling on sandwiches. Want a little heat or sweet? Add whole peppercorns, peeled garlic cloves, or sliced Vidalia onion to the jar.