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 ½ cup white vinegar
1 tablespoon chopped fresh dill
1 teaspoon kosher salt
1 medium English cucumber, cut into 1-inch-thick slices (about 2½ 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
¾ teaspoon kosher salt, divided
½ teaspoon freshly ground black pepper, divided
5 ounces lean ground sirloin

Cooking spray
2 tablespoons canola mayonnaise
2 teaspoons unsalted ketchup
1 teaspoon Dijon mustard
1 (1 ½-ounce) whole-wheat hamburger buns, toasted
2 Bibb lettuce leaves
4 (¼-inch-thick) slices tomato
4 (¼-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 (about 4 pulses) so they match the texture of the ground beef. Heat a large cast-iron skillet over medium-high heat. Add patties. Sprinkle evenly with remaining ½ teaspoon salt.

3. Place beef in a bowl. Add mushroom mixture to beef; stir just until combined. Refrigerate 10 minutes. Shape beef mixture into 4 (¾-inch-thick) patties. Sprinkle evenly with remaining ½ teaspoon salt and remaining ½ 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 Dijon mustard. Spread over a large cast-iron skillet over medium-high heat. Add oil to pan; swirl to coat. Add onion and garlic; sauté 3 minutes. Add mushrooms, ½ teaspoon salt, and ½ teaspoon pepper to pan; cook 7 to 10 minutes or until liquid evaporates, stirring occasionally. Remove pan from heat; cool mushroom mixture completely.

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

Quick Pickles

Crunchy, dilly refrigerator pickles are ready in just one hour and retain their bite for up to two weeks. They also save 1725mg 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 dressings, or piling on sandwiches. Want a little heat or sweetness? Add whole peppercorns, peeled garlic cloves, or sliced Vidalia onion to the jar.