



## Savory Summer Burgers

### Ingredients:

1 lb 93-99% lean ground turkey, ground bison or grass-fed beef

$\frac{1}{4}$  cup feta or goat cheese crumbles

1 cup fresh spinach, very finely chopped

$\frac{1}{2}$  cup mushrooms, very finely chopped

2 garlic cloves, finely chopped

2 tbs fresh chopped parsley

"Mush" all ingredients together in a bowl, and then form into 4 patties. Grill until completely done. Make a makeshift bun by carving out a lettuce cup or use two grilled Portobello mushroom caps 😊.