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Our Heart "Beets" Plant Strong

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Mushroom Burger

Ingredients:

- 2 small boxes of mushrooms
- 1 cup walnuts, soaked
- 1 cup pumpkin seeds, soaked
- ½ tsp chili powder
- 4 cloves minced garlic
- 1 Tbsp light low sodium tamari
- 1 tsp cumin

Directions:

1. Rinse & drain soaked nuts and seeds
2. Transfer the nuts and seeds to a food processor, blending until a smooth and coarse texture is reached
3. Put blended nuts and seeds into a mixing bowl
4. Add mushrooms to a food processor, blending until a smooth, adding to the mixing bowl
5. Add spices to the mixing bowl and blend all ingredients well
6. Form patties from mixture (recipe makes about 11 patties)
7. Place formed patties on a baking sheet lined with parchment paper
8. Bake at 375°F for 30 minutes, flip and bake for an additional 15 minutes
9. Remove from oven and serve

Nutrition Facts	
Servings 11.0	
Amount Per Serving	
calories 191	
% Daily Value *	
Total Fat 16 g	25 %
Saturated Fat 4 g	18 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 5 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 57 mg	2 %
Potassium 57 mg	2 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 3 g	11 %
Sugars 1 g	
Protein 16 g	32 %
Vitamin A	2 %
Vitamin C	2 %
Calcium	1 %
Iron	15 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

**Leftover patties can be kept in the freezer and reheated at a later date*

**Recipe makes 11 burgers*