



Beef, Ham and Spinach Burgers

Ingredients:

- 1 lb. ground beef extra lean
- 3 oz. ham slices extra lean, julienned
- 1 egg white
- 4 Portobello mushroom caps
- 2 cups celery root
- 2 cups frozen spinach, well drained and pressed
- 1/3 cup crushed tomatoes
- 1 tsp. olive oil
- 1 tsp. Italian seasoning
- 1 tsp. red pepper flakes
- Sea salt and pepper to taste
- 2 cups soybean sprouts

Directions:

1. In a large bowl, combine beef, ham spinach, Italian seasoning, pepper, egg white and salt.
2. Mix with fingers until fully blended.
3. Prepare 4, 1-inch thick patties and grill for about 6 minutes or until cooked.
4. Baste celery root and Portobello caps with olive oil and grill slowly.
5. Heat crushed tomatoes to simmer.
6. Place burgers on grilled celery root.
7. Top with crushed tomatoes and sautéed sprouts, finish with Portobello caps.

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