



# Turkey Cacciatore Burgers on Portobello "Buns"



Prep Time: 15 minutes Cook Time: 25 min

## Ingredients

1 1/3 pounds ground turkey breast, the average weight of 1 package  
Salt and pepper  
6 crimini mushrooms (baby portabellas) stems removed and finely chopped  
1/2 red bell pepper, seeded and chopped  
1/2 yellow onion, finely chopped  
2 cloves garlic, smashed away from skin and finely chopped  
3 tablespoons tomato paste  
1 tablespoon Worcestershire sauce  
1 teaspoon crushed red pepper flakes  
1/2 cup grated Parmigiano-Reggiano or Romano, a couple of handfuls  
Handful flat-leaf parsley, chopped  
Extra-virgin olive oil, for drizzling  
4 large portobello mushroom caps, stems removed  
Coarse salt and black pepper  
2 cups arugula leaves, coarsely chopped  
1/2 pound fresh mozzarella or fresh smoked mozzarella, thinly sliced  
Sliced red onion and sliced yellow and plum tomatoes

## Nutritional Information Amount per serving

Calories: 477; Total Fat 21 grams; Saturated Fat: 11 grams; Protein: 57 grams; Total carbohydrates: 14 grams; Sugar: 7 grams Fiber: 3 grams; Cholesterol: 101 milligrams; Sodium: 926 milligrams

**Note:** You can replace the portobello mushrooms for whole wheat hamburger buns for a traditional meal.

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## Directions

1. Preheat oven to 450 degrees F. Heat a large nonstick skillet over medium-high heat.
2. Combine meat with salt and pepper, chopped crimini mushrooms, chopped bell pepper, chopped onion, garlic, tomato paste, Worcestershire, crushed red pepper flakes, cheese and parsley. Score and form meat into 4 large patties, 1 inch thick. Drizzle extra-virgin olive oil on top the patties then fry 5 or 6 minutes on each side in a hot skillet.
3. Place portobello caps on a small baking sheet gill side up and drizzle extra-virgin olive oil on them. Roast the caps 12 minutes. Remove them from the oven and season them with salt and pepper. Turn oven off. Top each cap with about 1/2 cup arugula and a burger. Cap burger with mozzarella and place back in still-warm oven. Melt the cheese 1 minute. Transfer burgers on "bun" bottoms to plates. Top with onions and tomatoes and serve.

Recipe courtesy Rachael Ray