Homerun Veggie Burger
in a new light

Makes: 6 servings
Prep Time: 15 minutes
Cook Time: 20 minutes
Difficulty: Easy

Ingredients:
• 1 tablespoon olive oil
• 2 (4-inch) portobello mushroom caps, chopped
• 1 onion, finely chopped
• 1 red bell pepper, chopped
• 3 1/2 cups baby spinach
• 1 cup refrigerated TVP (textured vegetable protein), from a 12-ounce tube
• 2/3 cup unseasoned whole wheat bread crumbs
• 1/4 teaspoon salt
• 6 (4-inch) low-carb, reduced-fat whole wheat pita breads (such as Joseph’s Flax Oat Bran & Whole Wheat)
• 6 tablespoons roasted red pepper hummus
• 6 tomato slices
• 6 tablespoons cilantro leaves

Directions:
Heat oil in a large nonstick skillet over medium-high heat. Add mushrooms, onion, and bell pepper and cook, stirring occasionally, until tender, about 8 minutes. Add 2 cups of the spinach and cook, stirring, until wilted, 3–4 minutes. Remove from the heat; let cool slightly.

Preheat the broiler. Line a broiler-pan with foil. Lightly spray the foil with cooking spray.

Transfer the mushroom mixture to a food processor. Add the TVP, bread crumbs, and salt; pulse just until blended. Shape into 6 (3-inch) patties. Place the patties on the pan and lightly spray with cooking spray. Broil, 4 inches from the heat, until the patties are heated through and lightly browned, about 4 minutes per side.

Place the pita breads on each of 6 plates. Evenly divide the remaining spinach among the pita breads. Top each with 1 patty, 1 tablespoon hummus, 1 tomato slice, and 1 tablespoon cilantro leaves. Serve at once.

Nutritional Information: Per serving (1 garnished patty): 210 calories, 5 g fat (0 g saturated, 0 g trans), 0 mg cholesterol, 470 mg sodium, 27 g carbohydrate, 9 g fiber, 16 g protein.