

# Yumburger Sliders (Low Protein)

*This customizable mixture can be made into a burger patty, meatball, or as crumbles that can be used as a taco filling or sausage to top your favorite pasta dish.*

<b>YIELD</b> <b>8 SERVINGS</b>	<b>PREP TIME</b> <b>20 MIN</b>	<b>TOTAL TIME</b> <b>40 MIN</b>
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## INGREDIENTS

1 packet McCormick Gluten Free Brown Gravy  
 1 cup Water  
 1 Tbsp Worcestershire Sauce  
 ¼ each Onion, roughly chopped  
 4 oz. Zucchini, roughly chopped (about ½ medium)  
 8 oz. Mushrooms, quartered  
 3 cups Low Protein Breadcrumbs (about 18 slices Rudi's Gluten Free Homestyle Original)  
 1 Tbsp Garlic Powder  
 1 tsp Smoked Paprika  
 1 tsp Kosher Salt  
 ¼ tsp Black Pepper, ground  
 3 Tbsp Olive or Canola Oil

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat oven to 400°F and line a half sheet tray with parchment paper.
2. Prepare gravy by combining the mix with 1 cup water in a microwave safe bowl. Microwave for one minute then whisk and return to the microwave for one more minute. Whisk in the Worcestershire sauce and set aside.
3. Add the roughly chopped onion and zucchini to a food processor and pulse until finely minced. Remove the vegetables to a large bowl and set aside.
4. Add the quartered mushrooms to the food processor and pulse until finely minced. Stop and scrape down the bowl with a spatula as needed to ensure the mushrooms are fairly evenly sized. The texture should be similar to the size of ground beef crumbles. Add the mushrooms to the bowl with the onion and zucchini.
5. Add the breadcrumbs, garlic powder, smoked paprika, salt and pepper to the vegetable mixture and mix thoroughly, using a rubber spatula.

Simplified Diet  
Protein

Serving

0.9g

Recipe

7g

## CHEF'S NOTES

### Serving size: 2 sliders (4oz total)

The seasonings can be adjusted to suit needs. For tacos, use your favorite taco seasoning or spices. For Italian sausage, add more garlic, Italian seasoning, fennel and red pepper flakes.

To make breadcrumbs, dry out your bread in a low oven (200 -250°F) on a sheet tray until very dry and crisp. Let cool and then break into smaller pieces that can be added to a food processor. Pulse until the desired texture is reached. Store in an airtight container in the freezer.

6. Add the gravy mixture and stir until well mixed and evenly coated.
7. Use a 2 oz. cookie scoop to portion out the mixture onto the parchment lined sheet tray. Using clean hands, flatten each ball to form a ¼ - ½" thick patty.
8. Heat a large nonstick skillet over medium heat and once hot, add the oil, 1 tablespoon at a time to coat the pan.
9. Add patties in a single layer, being careful not to crowd the pan. You will need to cook the patties in multiple batches. Cook until browned and crisp on the first side, about 2-4 minutes before flipping to finish on the second side. Enjoy immediately or freeze for later.

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size 2 sliders/4oz. (172g)</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>250</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 680mg	<b>30%</b>
<b>Total Carbohydrate</b> 44g	<b>16%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 3g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.4mg	2%
Potassium 290mg	6%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

CONTAINS: ANCHOVIES, SOY

Recipe adapted from *Emory Metabolic Camp*, Yumburgers



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