

Shopping List

- 4-6 oz. mushrooms
- Cabbage (red or green, about ½ of a head)
- 1 mango
- Green onions
- Garlic
- 1 lb. ground beef
- 8 Brioche slider buns
- White miso paste
- Vinegar
- Sugar
- Sesame oil
- Sesame seeds
- Olive oil
- Salt and pepper

Equipment needed

- Food processor (with steel blade + shredding attachment) or knife (to finely dice mushrooms and shred cabbage)
- Heat source to cook sliders (outdoor grill, or indoor saute pan or grill pan)
- Fun toothpicks! (optional, to hold sliders together)

**Prior to the cook along, wipe the mushrooms with a damp paper towel if there's any visible dirt.*

Miso Beef and Mushroom Sliders with Sesame Mango Slaw

Makes 8 sliders (best enjoyed outside!)

Burgers:

- 4-6 oz. mushrooms
- 4-6 cloves of garlic
- 1 lb. ground beef
- 1½ Tbsp. white miso paste
- Salt and pepper, to taste
- Olive oil, for cooking
- 8 Brioche slider buns

Slaw:

- 4 cups shredded cabbage (red or green, about ½ of a head)
- 1 mango, julienned
- 3 green onions, thinly sliced
- ¼ cup vinegar
- 1 ½ Tbsp. sugar
- 1 Tbsp. sesame oil
- 1 Tbsp. sesame seeds
- Salt and pepper, to taste

Directions:

1. For the burgers: Add mushrooms and garlic to a food processor. Pulse to combine, or finely dice with a knife.
2. Transfer to a medium bowl, and add the beef, miso paste, salt, and pepper. Combine well and form into 8 slider-size patties.
3. Heat medium sauté pan or grill pan over medium heat (or head outside to the grill!). Add a drizzle of olive oil and cook sliders 3-4 minutes per side or until internal temperature reaches 160 degrees F.
4. For the slaw: In a large bowl, combine the cabbage, mango, and green onions. In a small bowl, combine the remaining dressing ingredients. Toss with slaw, pile on sliders, and eat outside!

Recipe courtesy of Erika Wong, MS, RD
www.kaya-health.com