



Shiitake Mushrooms May Help Boost the Immune System

Ginger Apple Pork Burgers with Rice Noodles

Rich, savory flavors with layers of diverse health benefits

- 1 Tablespoon coconut oil
- 1 onion, peeled, diced
- 6 ounces shiitake mushrooms, clean; remove stems
- Salt: ground black pepper to taste
- 1/2 medium sized apple, cored, diced
- 2 teaspoons grated fresh peeled ginger
- 2 teaspoons garlic powder
- 1/2 teaspoon dried thyme
- 1 teaspoon dried oregano
- 1 pound certified organic ground pork
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper

Preheat oven to 350 degrees F.

Sauté Onions and Mushrooms: In 9-1/2-inch cast iron skillet, melt coconut oil; add onions; sauté until softened, about 4 minutes; add chopped mushrooms; sprinkle lightly with salt and ground black pepper to taste; cover; cook stirring occasionally until softened, about 4 minutes. Remove 1/2 cup to chopping board to cool. Place remaining onions in a separate bowl.

Shape Pork Patties: When onions/mushrooms cool; coarse chop; place in large bowl. Stir in apples, grated ginger, garlic powder, dried thyme, and oregano. Add ground pork, salt, and black pepper; mix thoroughly. Shape into four pork burger patties.

Oven Bake Patties: Place 1/2 Tablespoon oil in clean 9 to 10 inch oven safe cast iron skillet. Place patties in skillet. Bake in preheated 350-degree F oven for 25 to 30 minutes or until pork's internal temperature reads 165 degrees Fahrenheit. Turn patties once during baking. Remove from oven; keep warm.

Rice Noodles and Mushroom/Onion Topping

Reserved onions/mushrooms

1/2 cup chopped roasted red peppers

2 green onion, trimmed, chopped

1 Tablespoon soy sauce or to taste

2 cups cooked thin rice noodles (according to package directions)

2 teaspoons sesame oil

3 to 4 cups torn fresh kale

1/4 cup minced cilantro

Prepare Topping: Place reserved onions and mushrooms in medium bowl; add chopped roasted red pepper and chopped green onions. Add soy sauce to taste; taste to coat mixture. Set aside.

Prepare Rice Noodles: Cook the rice noodles according to package directions; toss warm noodles with sesame oil; set aside.

To Serve: Arrange kale on serving platter; top with layer of rice noodles; spoon mushroom/onion topping on top of rice noodles. Place pork patties in

corners of serving dish; drizzle with remaining drippings from skillet.
Sprinkle dish with minced cilantro. Serves: 4

About the Recipe: This dish has light Asian flavors and is filled with lots of healthy onions and mushrooms. It has four flavor layers, kale, sesame rice noodles, warm vegetable topping, and baked pork patties on one plate. For easy preparation, prepare layers separately and then just rewarm when the pork patties are finished baking. It's full of those delicious Asian flavors and healthy ingredients.