



New twist on a classic taste

This take on a juicy burger uses melted mozzarella, fresh mushrooms and caramelized onions for a delicious result. Using the blend-and-extend technique of combining mushrooms with ground beef provides an extra serving of vegetables, boosts flavour and adds a serving of vitamin D.

Mushroom Beef Burger

Ingredients:

- 200g cremini mushrooms
- 400g extra lean ground beef
- 1/2 tsp salt, dash of pepper
- Medium yellow onion, halved and sliced
- 1 tbsp butter
- 1 tbsp balsamic vinegar
- Extra virgin olive oil
- 4 brioche buns
- 4-8 slices fresh mozzarella
- Mayonnaise
- Barbecue sauce

Directions:

1. Blend/pulse mushrooms until fine in a food processor.
2. Cook mushrooms on a griddle or large frying pan over medium heat for about four to five minutes, stirring often. Set aside to cool.
3. Give the griddle a quick wipe-down, turn it down to low medium, and toss in your sliced onions along with butter. Cook for about 15 to 20 minutes, stirring often, until soft and golden.
4. While onions are cooking and once mushrooms have cooled, combine mushrooms together with ground beef in a prep bowl. Stir until well-combined and form into four patties. Place on a plate, cover and put in the fridge.
5. Once onions are the right texture and colour, add balsamic vinegar and cook another two minutes, stirring often. Remove from griddle and set aside.
6. Wipe down griddle, turn it back up to medium, then add a small lug of oil and spread it around.
7. Combine salt and pepper in a small prep bowl, then sprinkle roughly half of the seasoning on burgers. Place them on the griddle with the seasoned side facing down.
8. After about four minutes, season the tops with the other half of the salt and pepper mix, then flip. Cook an additional three to five minutes until no pink remains.
9. Build burgers by applying mayo to both sides of buns, then add patties and top with one to two slices of fresh mozzarella and caramelized onions.

Find more recipes with fresh local ingredients online at mushrooms.ca. (NC)

Recipe courtesy of James to Jamie.

Contact Kate Vanderburgh, sales representative for Royal LePage Real Estate Services Ltd., Broker at 905-338-3737 or by email at kate@katevanderburgh.ca.

KATE'S KORNER



Royal LePage Real Estate Services Ltd.

Advertorial

Basement basics to elevate your home

Finishing an underutilized basement makes financial sense in certain situations, and may add to your home's resale value. For a family who has outgrown their current space and wants to avoid buying a more expensive, larger home, finishing the basement can be worthwhile. Yet, there are considerations to ensure your project will be worth the time, effort and expense.

Is there enough headroom?

A finished floor-to-ceiling height of at least 7.5 feet is required. Include in your calculation 2.5 inches for flooring and ceiling finishing materials. If you own an older home with

insufficient floor to ceiling space, you may need to consider additional costs to lower and underpin the foundation to create sufficient headroom.

Is your basement wet?

You'll want to address any moisture problems before you begin. In older homes, moisture issues can be severe. In some cases, you'll need to waterproof the foundation from the outside. Waterproofing can add substantially to the cost as excavation, waterproofing, weeping tile and backfill may be required.

Are your windows adequate?

The outside bottom edges of all basement windows should be

at least six inches above the soil. Consider the size and condition of the windows. Are any large enough for fire escape? Are they operable, damage-free, airtight and energy-efficient? Be sure to calculate the cost of any needed window upgrades when estimating your costs.

Finished basements provide a myriad of possibilities including guest rooms, nanny suites, play rooms and home theatres. Whether you're looking to increase the value of your home, or enhance your living space, do your research to ensure a successful project.

Article provided by www.royallepage.ca.



KATE VANDERBURGH

SALES REPRESENTATIVE

905 338 3737

KATEVANDERBURGH.CA

JEFF MONSINGER, Broker



OAKVILLE | BURLINGTON | MISSISSAUGA | BRAMPTON | CALEDON

PRIVATE 100'x158' RAVINE LOT



2246 ORCHARD ROAD
Burlington - \$1,479,000

2250 SF TOP FLOOR SUITE



205 LAKESHORE RD W #409
Central Oakville - \$1,525,000

COMING SOON TO MLS!



ELEGANTLY RENO'D - 3500 SQ FT
Glen Abbey ravine lot w/pool

OVER 3000 SF + PART FIN BSMT



1406 GREENRIDGE CIRCLE
Glen Abbey - \$1,319,900

PRIVATE RAVINE LOT W/POOL



1487 PARISH LANE
Glen Abbey - \$1,399,900

PREMIUM RAVINE PIE LOT



1276 COTTONWOOD CRES
Glen Abbey - \$799,900

SOLD



SOLD IN 2 DAYS FOR 100% OF LIST

THINKING OF SELLING?

Get a jump start on the spring market!

- Staging Consultation
- Decluttering Service
- Professional Int./Ext. Photos
- Virtual Tour & Aerial Photos
- Proven Marketing Plan
- 24hr Concierge Service

Call today for a market update & home evaluation

FREE from obligation!

ROYAL LEPAGE REAL ESTATE SERVICE LTD., BROKERAGE

ROYAL LEPAGE

Kate Vanderburgh Team consists of four licensed sales representatives & one broker

TOP 1% in CANADA