

PECAN SLIDERS



These Pecan Sliders have a crunchy exterior that's loaded with flavor from pecans, onions and mushrooms.

INGREDIENTS

1/4 cup diced onion

1/2 cup mushroom slices

1 cup pecan pieces

1 teaspoon tomato paste

1 teaspoon miso paste

4 tablespoons panko

1 large egg, lightly beaten

Salt and pepper to taste

Pecan oil, as needed

METHOD

1. Sauté pecans, mushrooms and onions in a hot pan until onions are translucent.
2. Add in tomato paste and miso and cook for 5 minutes.
3. Cool mixture and add panko and egg.
4. Form into patties.
5. Brown patties in pecan oil for 5 minutes and then turn and brown on other side.
6. Place on bun with condiments of your choice.

NUTRITION FACTS

Calories	Fat	Sat Fat	Sodium
190	17 g	2 g	65 mg

Carbs	Fiber	Protein
6 g	2 g	4 g