Angie's Ground Chicken or Turkey Burgers

- 1 lb. ground chicken or turkey
- 1 egg
- 1-2 tbsp. of favorite burger seasoning
- 1 small onion (chopped)
- 1 small bell pepper (chopped)
- 6-8 oz. sliced mushrooms
- 4-6 oz. shredded sharp cheddar

Combine all ingredients and grill.