Grilled Beef and Mushroom Burgers

4 ounces button mushrooms

1 pound 90% lean beef

2 Tablespoons oil

1/8 teaspoon pepper

3/4 teaspoon salt

1/3 cup chopped cucumber

4 garlic cloves, roasted

1/4 cup plain whole milk Greek yogurt

1 Tablespoon lemon juice

1 Tablespoon parsley

8 butter lettuce leaves

4 heirloom tomato slices

4 red onion slices

Process mushrooms in food processor until minced.

Combine mushrooms, beef, oil, pepper and 3/8 t. salt.

Divide meat into 4 burgers.

Stir together cucumber, yogurt, garlic, lemon juice, parsley and 3/8 t. salt.

Grill burgers until desired degree of doneness.

Place burgers on top of lettuce leaves.

Top tomato slice, red onion and heaping Tablespoon yogurt sauce.