

Recipe

Portobello Mushroom Burger

4 Servings

Ingredients

400 g	mushroom, portabella (portobello), raw
1/4 cup	vinegar, balsamic
1 tsp	olive oil
1 tsp	spices, basil, fresh
1 tsp	oregano, ground, dried
1 dash	spices, garlic powder
1 dash	salt
1 dash	black pepper
1	bun, whole-wheat

Directions

1. Place the mushroom caps, smooth side up, in a shallow dish. In a small bowl, whisk together vinegar, oil, basil, oregano, garlic, salt, and pepper. Pour over the mushrooms. Let stand at room temperature for 15 minutes or so, turning twice.
2. Preheat grill for medium-high heat.
3. Brush grate with oil. Place mushrooms on the grill, reserving marinade for basting. Grill for 5 to 8 minutes on each side, or until tender. Brush with marinade frequently. Top with cheese (optional) during the last 2 minutes of grilling.

NUTRITION FACTS - PER 1 SERVING

CALORIES (kCal)	103
FAT (g)	2.14
SATURATED FAT (g)	0.312
TRANS FAT (g)	0.001
CHOLESTEROL (mg)	0
SODIUM (mg)	142
CARBOHYDRATE (g)	17.51
FIBRE (g)	2.5
PROTEIN (g)	4.44
VITAMIN A (µg)	2
VITAMIN C (mg)	0.3
CALCIUM (mg)	33
IRON (mg)	1.36