

Mushroom Burgers

These portabella sliders pack a hearty texture and meaty flavor that would give any burger a run for its money.

Yield: 4

Ingredients:

2 large portabella mushrooms, stems removed
1/4 cup balsamic vinegar
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
1/4 teaspoon olive oil
8 small slider rolls, split and toasted
8 tomato slices
8 red onion slices
Optional: garlic and assorted herbs



Directions:

In a large resealable plastic bag, combine mushrooms and oil/balsamic vinegar to taste. Close bag and gently toss until evenly coated. Marinate 30 to 60 minutes. Remove mushrooms to a plate and season both sides with salt and pepper.

Heat a grill pan over medium heat then coat with cooking spray.

Place mushrooms on grill pan and cook 8 to 10 minutes, turning halfway through cooking, or until mushrooms are heated through.

Remove from pan and drain on paper towels. Cut each mushroom into quarters.

If desired, sprinkle garlic and herbs on mushrooms. Top with mushrooms, tomato, onion and condiments of choice. Serve immediately.

Nutrition information (per serving):

Calories: 259
Total Fat: 4.1 g
Sodium: 562 mg
Carbohydrates: 45.6 g
Protein: 8.6 g