

Farm Market Recipe



Vegetarian All-American Portobello Burgers

Ingredients:

- 4 portobello mushroom caps, gills removed if desired
- Cooking spray
- ¼ teaspoon ground pepper
- 2 tablespoons mayonnaise
- 1 tablespoon ketchup
- 1 tablespoon sweet pickle relish
- 4 teaspoons steak sauce
- 4 slices American cheese
- 4 whole-wheat buns, toasted if desired
- 1 cup shredded iceberg lettuce
- 4 large tomato slices
- Thinly sliced red onion & pickles

Directions:

1. Preheat grill to medium-high.
2. Coat mushrooms with cooking spray and sprinkle with pepper. Grill, turning occasionally, until tender, 10 to 12 minutes total.
3. Meanwhile, mix mayonnaise, ketchup and relish in a small bowl.
4. Transfer the mushrooms to a plate and pat dry with paper towels. Brush with steak sauce and top the gill side of each mushroom with a slice of cheese. Return the mushrooms to the grill and cook until the cheese is just melted, about 1 minute more. Serve on buns with the sauce, lettuce, tomatoes and onion and pickles, if desired.

Nutrition Facts:

Servings: 4 burgers

Per Serving: calories 275; protein 10g; carbohydrates 33g; dietary fiber 5g; sugars 11g; total fat 13g; cholesterol 24mg; calcium 200mg; iron 2mg; sodium 713mg.

Recipe from eatingwell.com

