
PORTOBELLO MUSHROOM BURGERS

Ingredients

4 Portobello mushroom caps
2 Tablespoons balsamic vinegar
1 Tablespoon low sodium soy sauce
1 Tablespoon olive oil
1 Tablespoon chopped rosemary
1-1/2 teaspoon steak seasoning (low salt)
4 thick slices red onion
4 slices, Swiss cheese,
4 thin slices tomato
1/2 avocado, sliced thin
Baby spinach
4 whole wheat sandwich thins

Nutrition Facts

Serving Size: 1 mushroom burger
Servings per Recipe: 4

Amount per serving:

Calories 295 Calories from Fat 120

Total Fat 13g

Saturated Fat 2g

Trans Fat 0g

Sodium 590 mg

Total Carbohydrates 31g

Dietary Fiber 11g

Protein 21g

Prep time: 30 minutes

Cook time: 30 minutes

Directions

1. In a large bowl, whisk together vinegar, soy sauce, oil, rosemary and steak seasoning.
2. Place mushroom caps in the bowl and toss with sauce, using a spoon to evenly coat. Let stand at room temperature for 20 to 30 minutes, turning a few times.
3. Heat skillet or grill pan over medium heat. When hot, brush the pan with oil, or spray with non-stick cooking spray.
4. Place mushrooms on grill, reserving marinade for basting. Grill for 5 to 7 minutes on each side or until tender, brushing with marinade frequently.
5. Top the mushrooms with cheese during last minute of cooking.
6. If desired, while mushrooms cook, grill onions about 1 minute on each side and grill buns until toasted.
7. To finish, place the spinach and grilled Portobello mushrooms on the buns and top with onions, sliced tomato and avocado.

Recipe and Nutrition Facts by SkinnyTaste.com