



RECIPES

Portobello Mushroom Burger

INGREDIENTS:

4 Portobello mushroom caps
¼ cup balsamic vinegar
2 tablespoons olive oil
1 teaspoon dried basil
1 teaspoon dried oregano
1 tablespoon minced garlic
Salt and pepper to taste
4 slices provolone cheese
1 avocado, sliced
4 whole wheat hamburger buns

INSTRUCTIONS:

1. Place mushroom caps, smooth side up, in a shallow dish.
2. In a small bowl, whisk together vinegar, oil, basil, oregano, garlic, salt, and pepper. Pour over mushrooms.
3. Let stand at room temperature for 15 minutes or so, turning twice.
4. **If grilling:**
Preheat grill for medium high heat. Brush grate with oil. Place mushrooms on grill, reserving marinade for basting. Grill 5-8 minutes of each side, or until tender. Brush with marinade frequently. Top with cheese during last 2 minutes of grilling
If using broiler in oven:
Set broiler to high. Place a wire cooling rack on top of a cooking sheet. Place mushrooms on rack. Cook for about 3-4 minutes on each side. Brush with marinade 1-2 times throughout broiling. Top with cheese the last 30 seconds of broiling.
5. Place mushroom caps on toasted burger buns, top with sliced avocado and any other condiments or toppings desired and enjoy!

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