

ITALIAN PORTOBELLO MUSHROOM BURGER

Italian Portobello Mushroom Burger

Gluten Free, Higher Fiber, Lower Sodium, Vegetarian

Serves: 4 (Serving= 1 burger)

Nutrition (per serving)

Calories: 352	Total Carbohydrate: 42
Total Fat: 14 g	Dietary Fiber: 3 g
Saturated Fat: 3.5 g	Protein: 14 g
Sodium: 346 mg	

Ingredients

- 1 ½ Tablespoons olive oil
- ¼ cup balsamic vinegar
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 4 Portobello mushrooms, stems removed
- 4 slices part-skim mozzarella cheese
- 3 Tablespoons light mayonnaise
- ½ Tablespoon Sriracha®
- 4 Ciabatta buns, toasted (choose gluten free buns for GF version)
- 1 cup arugula
- 4 tomato slices

Directions

1. Whisk together olive oil, balsamic vinegar, basil, oregano, and thyme in a small bowl.
2. Place mushrooms into 2 gallons size bags and add marinade. Toss gently to coat and let set for at least 15 minutes, turning occasionally.
3. Before starting grill, spray with cooking spray. Preheat grill to medium-high heat.
4. Place mushrooms on grill and cook for 5-8 minutes on each side, or until tender.
5. Top with cheese during last 2 minutes.
6. Mix mayonnaise and Sriracha- spread evenly on toasted buns.
7. Add arugula, tomato and mushroom.