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Portobello Mushroom Burgers

Portobello mushrooms are full of phytochemicals, disease-fighting compounds found in plant foods. They offer up a meaty taste for both vegetarians and meat-eaters.

Ingredients

½ cup light mayonnaise
1 tbsp grainy Dijon mustard
6 Portobello mushrooms, about 4 – 5 inches in diameter, stems removed
1 large red onion, cut into ½ inch thick slices
2 tbsp extra virgin olive oil
6 thin slices of light cheese (like provolone or cheddar)
Spring mix or lettuce leaves
6 whole grain buns

Directions

Preheat barbeque or grill to medium-high heat

To make mayonnaise, mix together mayonnaise and mustard. Set aside or refrigerate if you are making it in advance.

Score a criss-cross in the mushroom cap. Brush mushrooms and onions with oil. Place mushrooms on grill, dark side down with onions, taking care to keep onion slices in tact. Grill vegetables for 5 to 6 minutes. Turn vegetables over; grill for another 5 to 6 minutes or until tender.

If desired, rolls can be toasted over grill. Spread mayonnaise on rolls. Place mushroom on bottom half of roll; top with cheese, grilled onion, spring mix and remaining half roll. Serve immediately.

Makes 6 servings. Per serving: 306 calories, 11g protein, 15g fat, 4g saturated fat, 27g carbohydrate, 4g dietary fibre, 18mg cholesterol, 495mg sodium, 514mg potassium

Source: www.heartandstroke.ca