

Portobello Mushroom Burgers

Ingredients

4 portobello mushroom caps
1/4 cup balsamic vinegar
2 tablespoons dried basil
1 teaspoon dried basil
1 teaspoon dried oregano
1 tablespoon minced garlic
salt and pepper to taste
4(1 ounce) slices provolone cheese

Directions

1. Place the mushroom caps, smooth side up, in a shallow dish. In a small bowl, whisk together vinegar, oil, basil, oregano, garlic, salt and pepper. Pour over the mushrooms. Let stand at room temperature for 15 minutes or so, turning twice.
2. Preheat grill for medium-high heat.
3. Brush grate with oil. Place mushrooms on the grill, reserving marinade for basting. Grill for 5 to 8 minutes on each side or until tender. Brush with marinade frequently. Top with cheese during the last 2 minutes of grilling.



Nutrition Facts

Serving Size 4

Amount Per Serving

Calories 203

Total Fat 14.6 g

Cholesterol 20 mg

Sodium 356 mg

Total Carbohydrates 9.8g

Dietary Fiber 2 g

Protein 10.3 g



Portobello Mushrooms are low in Sodium, Saturated fat and Cholesterol