

Portabella Mushroom Burger

online care group

DESCRIPTION:

A low-calorie, high fiber, “meaty” substitute for a burger. Top with guacamole and salsa for extra flavor.

INGREDIENTS:

Burgers

- ¼ cup salsa
- 4 large portabella mushroom caps
- 2 Tbsp. extra virgin olive oil
- 2 Tbsp. balsamic vinegar
- Pepper to taste
- 4 slices of red onion
- 4 whole wheat buns
- 1 cup guacamole
- 1 tomato, sliced
- 1 cup baby spinach leaves

INGREDIENTS:

Baked Sweet Potato Fries

- 2 sweet potatoes scrubbed and peeled, julienne sliced
- 1 Tbsp. extra virgin olive oil
- ½ tsp. chili powder
- ½ tsp. cumin
- ¼ tsp. black pepper

DIRECTIONS:

Burgers

1. Place mushroom caps in a shallow baking dish. Whisk together olive oil and balsamic vinegar and pour over mushrooms and marinate for 30 minutes.
2. Grill mushrooms over medium heat grill or indoor grill plate for 5-7 minutes on each side. Top with cheese and cook until melted. Assemble burgers as desired. Serve with a side of roasted sweet potato wedges.

DIRECTIONS:

Baked Sweet Potato Fries

1. Preheat oven to 425 degrees. Spray a baking sheet with all-natural cooking spray and set aside.
2. Place sweet potato slices in a large bowl, add olive oil, chili powder, cumin and black pepper. Toss to coat.
3. Evenly place sweet potato slices on baking sheet and bake for 15 minutes. Remove sweet potatoes from oven and flip, bake for another 15 minutes or until tender and slightly crispy.



NUTRITION INFO

Serving Size	1 burger & 1 serving of fries
Servings per recipe	4
Calories	450
Fat	21g
Saturated Fat	3g
Sodium	609mg
Carbohydrates	50g
Fiber	9g
Sugar	8g
Protein	9g

FACT: Mushrooms are high in potassium, B vitamins and antioxidants.