

Portobello Mushroom Burgers

Ingredients

4 Portobello mushroom caps
1/4 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 (0.75 ounce) slices mozzarella cheese
4 (2.8oz each) Wheat bun
Lettuce and tomato slices.

Instructions

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.

Preheat grill for medium-high heat.

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

Serve it with whole wheat bun, lettuce and tomatoes.

Nutrition

Calories	441kcal
Protein	15g
Fat	13g
Saturated fat	3g
Cholesterol	14mg
Trans fat	0g
Sodium	551mg
Fiber	5g