

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



**Grilled Portabella Mushroom Burgers
Serves 4**

Ingredients:

4 Portabella mushroom caps
¼ cup balsamic vinegar
1 tablespoon olive oil
1 teaspoon dried basil (or 1 tablespoon fresh)
1 clove garlic, minced
1/4 teaspoon ground pepper
¼ teaspoon salt
4 thick slices red onion

Directions:

1. Clean mushroom caps and remove stems.
2. In a shallow dish whisk together balsamic vinegar, oil, basil, garlic and pepper. Place the mushroom caps in the bowl and toss with the marinade. Let stand at room temperature for 20 to 30 minutes, turning a few times.
3. Heat the grill to medium heat. When hot, brush the grate with oil using a paper towel or cloth. Place the mushrooms on the grill, reserving marinade for basting. Grill 5-7 minutes on each side, brushing with marinade frequently.
4. While grilling the mushrooms also grill the red onion slices, brushing with the marinade.
5. Serve with your favorite whole grain bun and toppings.

Nutritional Information per serving:

Calories: 91	Carbohydrates: 6g
Total Fat: 4g	Cholesterol: 0mg
Saturated Fat: 0.3g	Dietary Fiber: 2g
Protein: 2g	Sodium: 154mg