



Mini Mushroom Burgers

Recipe courtesy of the Mushroom Council and mushroominfo.com

Preparation Time: 5 minutes

Marinate Time: 30 minutes

Cooking Time: 8 minutes

Serves: 4

2 Portabella mushrooms, stem removed
1/4 cup light balsamic vinaigrette
Salt and freshly ground black pepper
8 small high-fiber whole grain dinner rolls
8 slices red onion
8 slices tomato



Place Portabellas and vinaigrette in a large zip top bag. Zip and lightly rub the vinaigrette into the mushrooms. Let marinate for at least 30 minutes.

Remove mushrooms from bag, drain and season both sides with salt and pepper. Heat a grill or grill pan over medium heat and spray with non-stick cooking spray. Place the mushrooms on the grill gill side down and cook for 4 minutes. Turn and continue to grill until mushroom is almost cooked through, about 4 more minutes.

Remove from pan and drain mushrooms on paper towel, gill side down. Cut each mushroom into quarters and place on buns. Top with onion and tomato and serve.

144 Cals, 5g fat, and 5g fiber

POINTS value: 2

Each serving provides: 0mg cholesterol (0% Daily Value), 300mg sodium (13% Daily Value), 4g dietary fiber (16% Daily Value), 5g protein (10% Daily Value), 0% Daily Value for vitamin D, 8% Daily Value for iron, 2% Daily Value for vitamin C, 2% Daily Value for vitamin A, 6% Daily Value for calcium