

# Balsamic Glazed Portobello Mushroom Burgers

**Yields 1 sandwich**

**Nutritional info: 385 kcals, 27 grams of fat, 8 g protein, 569 mg Na**

## Ingredients:

- 1 each Portobello Mushroom
- 1 TBSP Balsamic vinegar
- 1/8 tsp Salt (kosher)
- 1 TBSP Olive oil/canola oil blend
- 1/3 each Red Bell Pepper (Fresh or canned whole roasted red pepper)
- 1 tsp Basil (freshly chopped)
- 1 tsp Parsley (freshly chopped)
- 2 tsp EVOO
- 1 each Red Leaf Lettuce
- 1 each Whole Wheat Bun

## **Directions:**

- Remove the stem off of mushroom. Mix together olive oil, balsamic vinegar and salt and pour over the cap on both sides. Marinate for 1 hour.
- Cook mushroom on medium hot grill for about 3 minutes per side.
- If using canned, cut pepper into strips. If Fresh, grill pepper and cook until evenly charred. Place pepper in bowl and cover with saran wrap. When cool enough, peel the skin and de-seed the pepper.
- Toss pepper with fresh herbs and EVOO.
- Toast the bun lightly and assemble: 1 bun, 1 cooked mushroom, ½ cup roasted pepper salad, 1 lettuce leaf



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