

Portabella Mushroom Burger



Makes:

2 servings

Utensil:

12" Chef's Gourmet Skillet
small mixing bowl

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Recipe:

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Recipe Description:

The meaty-textured portabella mushroom is the perfect stand-in for a hamburger. One portabella mushroom has only about 30 calories and no fat or cholesterol. By comparison, a 3-ounce hamburger patty has 235 calories, 16 grams of fat and 76 milligrams of cholesterol. Give this healthy alternative a try.

4 tablespoons
soy sauce
(60
mL)
2 small
portabella mushrooms, well rinsed
1 red bell pepper
2 whole wheat buns, low-fat, thin
2 tablespoons
hummus
(30
mL)
½ avocado, skinned, pitted, sliced
2 slices
tomato
lettuce leaves, optional

Directions:

1. In small bowl place soy sauce and coat mushrooms, turning several times.
2. Preheat skillet over medium heat. When several drops of water sprinkled on the pan skitter and dissipate, approximately 3-5 minutes, place mushrooms into skillet. Pour remaining soy sauce over mushrooms. surround mushrooms with red pepper. Cover and cook for approximately 3 ½ minutes.
3. Turn mushrooms and peppers and cook for additional 3-4 minutes.
4. Remove the mushrooms and cook the pepper an additional 5-6 minutes.
5. Separate buns, toast if desired, and spread hummus on one

side. Place ½ of ingredients on each bun: avocado, tomato, peppers, lettuce and mushroom. Top with other half of bun.

Tips:

- An avocado is ready for immediate use when you gently squeeze the fruit in your hand and it is firm but will yield to the pressure. Avocados contain 20 essential nutrients including fiber, potassium, vitamin E and B, and folic acid. They also contain monounsaturated fat and polyunsaturated fat to help reduce cholesterol and risk for heart disease. But keep in mind, avocados are high in calories.

Nutritional Information per

▼ Serving

Calories: 260
Total Fat: 9g
Saturated Fat: 1g
Cholesterol: 0mg
Sodium: 1426mg
Total 38g
Carbs:
Dietary Fiber: 11g
Sugar: 8g
Protein: 12g