

Portobello Burgers – Vegan

Prep Time: 35 minutes
Cook Time: 10 minutes
Total Time: 45 minutes

Serving Size: 4
Calories per serving: 164
Fat per serving: 2 grams

Ingredients

- 4 large portobello mushrooms
- 4 whole wheat hamburger buns
- 1/4 cup pomegranate vinegar
- 2 tablespoons low sodium soy sauce
- 2 garlic cloves, minced
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Instructions

1. Combine in a container soy sauce, pomegranate vinegar and minced garlic. Add portobello mushrooms to the sealed container.
2. Marinate for 30 minutes, while turning the mushrooms occasionally, then take out the mushrooms.
3. Prepare grill, and place the mushrooms on the grill rack.
4. Grill the mushrooms for about 3-4 minutes on each side, and remove from grill.
5. Add favorite vegetables and dressing to the sandwich.

Notes

Nutrition facts (per serving): Calories: 164, from fat: 25, total fat: 2g, cholesterol: 0mg, sodium: 482mg, total carbohydrate: 33g, fiber: 2g, sugar: 7g, protein: 9g.