



Portobello Mushrooms

Portobello Burgers

Serves 4

2 4 Portobello mushroom caps
2 Tbsp. olive oil
Salt and pepper, to taste
2 red bell peppers, sliced
4 hamburger buns, split and toasted
1 cup romaine lettuce
Honey mustard – see recipe below

Preheat skillet to medium-high heat. Pour 2 Tbsp. olive oil into heated pan. Sauté mushrooms and red peppers in the skillet; add salt and pepper. Cover with lid; cook eight minutes or until tender; stirring as needed. Place sautéed mushrooms, peppers, lettuce and honey mustard equally between buns.

Honey Mustard Recipe

Serves 4 (1 Tbsp. / serving)

1/8 cup fat-free mayonnaise
1/2 Tbsp. yellow mustard
1 Tbsp. honey
1/4 Tbsp. lemon juice

In a small bowl, mix mayonnaise, mustard, lemon juice, and honey to make honey mustard.

Per serving: 260 calories, 10 g fat, 7 g protein, 35 g carbohydrate, 3 g fiber, 320 mg sodium