



Portobello Mushroom Burger with Caramelized Onion and Sun-Dried Tomato Aioli on Toasted Wheat Bun

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Prep time: 10 mins Cooking time: 20 mins Total time: 30 mins

Ingredients for Burgers:

8 each fresh portobello mushroom caps
½ cup (120 mL) salad greens
16 slices of fresh tomatoes
8 Whole Wheat hamburger buns

Ingredients for Marinade:

1/2 cup (120 mL) balsamic vinegar
½ shallot, peeled and diced
2 garlic cloves, peeled and minced
¼ cup (60 mL) chopped fresh parsley
1 teaspoon (5 mL) chopped fresh rosemary
¾ teaspoon (3.75 mL) kosher salt
¾ teaspoon (3.75 mL) freshly cracked black pepper
½ cup (120 mL) olive oil

Instructions:

1. Stir to combine all marinade ingredients
2. Clean the mushrooms and marinate overnight in fridge.
3. Grill portobello until tender, slice on bias or serve one whole grilled mushroom per sandwich. Press out excess juices before assembly. Toast buns.
4. To assemble add 1/2 oz of lettuce, 2 slices of tomato, 1 mushroom, 1 oz of caramelized onions and spread Tbsp of aioli on the top of bun. Close and serve.

Toppings:

Sun-dried tomato aioli: in a bowl cover 2 tablespoons chopped sundried tomatoes in hot water and soften for 5-10 minutes. Drain excess water as necessary. In another bowl, combine ½ cup light mayonnaise and minced garlic. Whisk in hydrated sundried tomatoes.

To caramelize onions: Peel and [cut onion](#) into rings. Heat oil in large sauté pan and add onion rings and cook over low heat until browned and translucent. You can do this ahead and keep the onions in a container in the refrigerator. Note: including caramelized onions will add additional 20-30 minutes to cook time.

Nutrition: Serving Size: 1 burger

Calories: 280

Sugar 10g

Sodium 470mg

Total fat: 11

Sat/trans fat: 1g

Carbs: 41g

Fiber: 7g

Protein: 8g

Cholesterol: 5mg