Perfect Portobello Burger

Source: 21-Day Vegan Kickstart

This burger has it all: heartiness from the portobellos, smokiness from the paprika, sweet tanginess from the balsamic vinegar, and a rich lushness from the roasted red pepper. For an extra protein punch, spread garlicky hummus on one side of the bun.

About the Recipe

169 Calories · 9 g Protein · 6 g Fiber
Dinner
Nut-free

To make this recipe gluten free, swap the whole-wheat buns for gluten-free buns. Use balsamic vinegar in place of malt vinegar.

Ingredients

Makes 2 Servings

- 3 garlic cloves, sliced along the length
- 1/4 tsp (1.2 mL) iodized salt
- 1/2 tsp (2.5 mL) smoked paprika (common paprika can be substituted if smoked is not available)
- 2 large portobello mushrooms, destemmed (it is not necessary to remove the gills)
- 2 whole-wheat buns
- 1 tbsp (15 mL) malt vinegar (balsamic can be substituted)
- 1 red pepper, roasted and cut in half
- 1 c (20 g) arugula
- 1/4 yellow onion, thinly sliced **optional*

Directions

1. Add about 1/4 inch (0.6 cm) of water to a saute pan and bring it to just above medium heat. Add the garlic, salt, and smoked paprika to the water and stir. Add the portobello caps. Cook until the portobello is no longer raw on either side. Replenish the water as necessary so that the portobello and garlic are not left to cook in a dry pan. Once the portobello is cooked, allow the water to evaporate from the pan.
2. Immediately remove the pan from the heat and stir the portobellos around so that they pick up the residual salt and smoked paprika on the bottom of the pan. Remove everything from the pan as soon as possible and set the portobellos and garlic aside. Sprinkle or quickly dip the bottom buns in the malt vinegar. Add the portobellos, roasted red pepper halves, arugula (or another leafy green of choice), and slices of yellow onion, if using, to the buns and serve.
3. Options: Over medium-high heat, saute the sliced onion until it is golden brown and very soft. If it starts to stick, add a very thin layer of water to the pan and repeat until the onion has fully cooked and is thoroughly browned. Add the onion to the burger once the portobellos are done. You can also toast the buns either in the oven directly on the rack at 350 F (177 C) for 2 to 3 minutes or in a dry pan over medium heat for about 2 minutes.

Nutrition Facts

Per serving

Calories: 169
Fat: 2 g
  Saturated Fat: 0.4 g
  Calories From Fat: 11%
Cholesterol: 0 mg
Protein: 9 g
Carbohydrate: 30 g
Sugar: 8 g
Fiber: 6 g
Sodium: 505 mg
Calcium: 99 mg
Iron: 2 mg
Vitamin C: 80 mg

Beta-Carotene: 2,759 mcg
Vitamin E: 2.3 mg