MIRIAM'S BURGER ON A PORTOBELLO MUSHROOM BUN

By Dr. Cindy Tanzar
(Standard/Maintenance Plans)

Miss holding your burger in your hands? Miriam has the solution! Portobello mushrooms are a large, meaty type of mushroom with a rich, savory flavor and a dense texture, which holds up well as a perfect bun replacement. They come in various sizes, ranging from very large to small, so choose two medium-sized mushrooms that won't throw you over your cup of packed cooked vegetable.
This recipe is for one serving and covers your protein, vegetable and fat for one meal.

INGREDIENTS

1 Tbsp avocado oil
2 medium-sized Portobello mushrooms
3.5 oz. raw grass-fed ground beef/turkey
1 Tbsp. mixed spices (onion powder, garlic powder, Italian seasoning)
Pink Himalayan salt and black pepper, to taste
1 Tbsp Genesis or Primal Kitchen mayo
1 Tbsp Dijon mustard
Sliced lettuce, tomato and onion
Optional for Maintenance: add sliced cheese

INSTRUCTIONS

Heat skillet on medium heat. Mix ground meat with 3/4 Tbsp. of the mixed spices, salt and pepper. Shape into one large burger. Add 1/2 Tbsp avocado oil and fry burger on both sides until cooked through. Remove from pan.

Add remaining 1/2 Tbsp oil. Season Portobello mushroom with the remaining spices and fry for about 3 minutes on both sides. Remove from pan and set on paper towels to degrease.

Place burger onto bottom half of bun (one mushroom). Add mayo, mustard, lettuce, tomato and onion and top with the other mushroom. ENJOY!