PORTOBELLO BUN BURGERS

By Dr. Cindy Tanzar
(Standard/Vegan)

This guilt-free recipe is a great way to have your burger on a “bun” without compromising your weight loss. It is also much more flavorful!
This recipe makes 1 serving and covers your protein and vegetable at a meal.

INGREDIENTS

2 Portobello mushroom caps
½ Tbsp. organic, extra virgin coconut oil
1 garlic clove, minced
1 tsp. oregano
Pink Himalayan salt and freshly-ground pepper, to taste

3 oz 100% grass-fed ground beef
1 Tbs. Dijon mustard
Pink Himalayan salt & freshly-ground pepper, to taste

INSTRUCTIONS

Preheat grill or griddle to high heat. Combine coconut oil, garlic, oregano, salt and pepper. Scrape out the gills from the portobello mushrooms and brush both sides with oil mixture.

Mix together the ground beef, mustard, salt and pepper, and form into a hamburger patty. Add to grill, along with portobellos, and cook until desired doneness. (Mushrooms should only take about 8 minutes. Set them aside to cool slightly while burger continues to cook.

Assemble burgers, using portobellos as your “bun,” adding lettuce, tomato and Vidalia onion.