

STACKED SUMMER PORTOBELLO BURGERS

Ingredients

- 6 portobello mushrooms, stems removed and any visible dirt brushed away
- ¼ cup balsamic vinegar
- 4 tablespoons olive oil, divided
- 4 rosemary sprigs (or 1 teaspoon dried rosemary)
- Salt and pepper, to taste (total salt estimated at a ½ teaspoon)
- 3 peaches, cut in half with pits removed
- 3 bell peppers, cut in half with seeds and stems removed
- 3 small onions, skins removed and sliced in half crosswise (preserving the ring shape)
- 1 lemon
- ¼ cup plus 2 tablespoons blue cheese
- 6 whole wheat hamburger buns

Instructions

Place mushroom caps in a large bowl and add balsamic vinegar and 2 tablespoons of olive oil. Tear leaves off rosemary sprigs and add them to the bowl. Add salt and pepper and toss all ingredients until mushrooms are fully coated.

In another large bowl place peaches, peppers, and onions. Cut lemon in half and squeeze the juice into the bowl. Add remaining 2 tablespoons olive oil, along with salt and pepper. Toss to combine.

Light the grill and allow it to come to medium-high heat (when you can hold your hand about 5 inches above the grill for 3 to 5 seconds, being careful not to burn your hand). The process for lighting your grill will vary depending on whether you have a charcoal or gas grill. (No grill? See note below.)

Place mushrooms, peaches, peppers and onions on grill. Grill until slightly charred and cooked through, about 10 minutes, turning vegetables once halfway through cooking. Add 1 tablespoon blue cheese per mushroom cap, after turning them.

Assemble the burgers on the whole wheat bun by stacking the peach, pepper, and onion pieces on top of the mushroom.

Yield: 6 servings

Note:

- Alternatively, you can roast the mushrooms, peaches, peppers, and onions on a large baking sheet in a 425-degree oven for about 30 minutes, or until softened and caramelized.

NUTRITION FACTS PER SERVING

CALORIES: 360

PROTEIN: 14 grams

SODIUM: 620 milligrams

CARBOHYDRATE: 44 grams

FIBER: 8 grams

FAT: 16 grams

SATURATED FAT: 4 grams