



# PORTOBELLO BUN BURGERS

By Dr. Cindy Tanzar

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!

Makes 4 servings.



## INGREDIENTS

- 8 Portobello mushroom caps
- 2 Tbsps. coconut oil
- 2 garlic cloves, minced
- 2 tsp. oregano
- Pink Himalayan salt and freshly-ground pepper, to taste

## Burger

- 1 pound ground beef
- 4 Tbs. Dijon mustard
- Pink Himalayan salt & freshly-ground pepper, to taste

## INSTRUCTIONS

1. 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.



2. Mix together the ground beef, mustard, salt and pepper, and form into hamburger patties. 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.
3. Assemble burgers, using portobellos as your “bun,” adding lettuce, tomato and Vidalia onion.