



BeFit

Be Fit. Eat Healthy. It's your choice.

Be Fit Basics: Stacked Summer Veggie Portobello Burgers

6 portobello mushrooms (any dirt brushed off with a paper towel), stems removed
¼ cup balsamic vinegar
4 tbsp olive oil, divided
4 rosemary sprigs (or 1 tsp dried rosemary)
3 peaches, cut in half with peach pits removed
3 bell peppers, cut in half with seeds and stems removed
3 small onions, skins removed and sliced in half (preserving onion rings)
1 lemon
Salt and pepper (salt estimated at ½ tsp)

Instructions:

Place mushroom caps in a large bowl; add balsamic vinegar and 2 tbsp 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. (Add additional balsamic as needed.) In another large bowl place peaches, peppers and onions. Cut lemon in half and squeeze juice into bowl; add remaining 2 tbsp olive oil, along with salt and pepper; toss to combine.

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

Place mushrooms, peaches, peppers and onions on grill. Grill until slightly charred and cooked through, about 5-15 minutes; turning vegetables once half way through cooking. *(If desired, add blue cheese after you have flipped the mushrooms; see topping note below.)

Notes:

-If you don't have a grill you can roast the mushrooms, peaches, peppers and onions on a large baking sheet in a 425 degree oven for about 30-40 minutes. (The cooking time may vary slightly depending on your oven.)

Yield: 6 servings



NUTRITION INFORMATION PER SERVING:

CALORIES: 180 calories

PROTEIN: 4 g

SODIUM: 210 mg

CARBOHYDRATE: 22 g

FIBER: 5 g

FAT: 10 g

Sat Fat: 1.5 g

MAKE IT A MEAL:

Protein Substitute: 1 portobello mushroom (70 calories)

Starch: 1 whole wheat bun (210 calories)

Grilled vegetables/fruit: ½ grilled pepper, ½ onion and ½ grilled peach (110 calories)

***Topping:** 1 tbsp blue cheese (50 calories) (alternatively, you could use 2 avocado slices)

Additional Fruit: 1 medium apple, sliced (95 calories)

Assembly: On bottom bun place peppers, onions, peaches and mushroom cap; place other bun half on top.

GROCERY SHOPPING LIST

6 portobello mushrooms

Rosemary sprigs

3 ea. peaches, bell peppers, onions

1 lemon

Apples

Blue cheese

Condiment Pantry: salt; pepper; olive oil; balsamic vinegar

USE OF LEFTOVERS

-Extra grilled vegetables can be used in a sandwich or salad for lunch the next day.