Portobello Veggie Burgers with Feta.

2 SERVINGS 25 MINUTES

INGREDIENTS

1 cup Red Onion (sliced)
1 Zucchini (sliced into rounds)
1 Yellow Bell Pepper (sliced into strips)
1 Olive Oil Spray (Spritz as needed)
Sea Salt & Black Pepper (to taste)
12 ozs Portobello Mushroom Caps (4 total to make 2 burgers)
1 cup Lentils (cooked, drained and rinsed)
1/4 cup Fat Free Feta Cheese (or feta)
1 cup Mixed Greens

NUTRITION

AMOUNT PER SERVING

Calories	250	Fiber	14g
Fat	1g	Sugar	8g
Saturated	0g	**Protein**	22g
Trans	0g	Cholesterol	3mg
Carbs	43g	Sodium	259mg

DIRECTIONS

01 Preheat the grill to medium-high heat.

02 In a mixing bowl, combine red onion, zucchini and yellow pepper. Spritz lightly with olive oil spray and season with sea salt and black pepper to taste. Toss well. Transfer to a grilling basket and place on the grill. Grill for 15 minutes, or until slightly charred. Toss periodically.

03 Spritz the insides of the portobello mushroom caps with olive oil spray. When there is about 5 minutes remaining for the vegetables, place the mushrooms caps face down on the grill and grill until slightly softened. Flip at the halfway point.

04 Remove grilled veggies and mushroom caps from the grill. Fill the inside of half the mushroom caps with grilled veggies. Top with lentils and mixed greens. Fill the other half of the portobello caps with feta cheese then place it on top to form the burger. Serve any leftover ingredients as a salad on the side. Enjoy!

NOTES

VEGAN
Skip the feta cheese and use pesto instead.

Nutritiously Simple
Easy meals...for the health of it!