

## Quick & Healthy Meal Ideas

From the EWSNetwork kitchen to yours... specifically designed after a long day at work!

# Portobello Burgers

## Ingredients

### Chickpea Spread

1 cup canned chickpeas, drained and rinsed

2 tbsp low-fat sour cream

2 tbsp minced onions

1 tbsp chopped, fresh cilantro

2 cloves garlic, minced

2 tsp lemon or lime juice

1 tsp brown sugar

$\frac{3}{4}$  tsp ground coriander

$\frac{1}{2}$  tsp ground cumin

1 tbsp each olive oil and balsamic or red wine vinegar

$\frac{1}{2}$  tsp dried basil

4 medium portobello mushrooms, wiped clean

1 large red bell pepper, seeded and cut into wide strips

1 medium red onion, sliced into thick rings (do not separate)

4 multigrain buns

1 cup whole baby spinach leaves



## Instructions

1. To make chickpea spread, combine all ingredients in a blender or food processor and whirl until smooth. Refrigerate until ready to use.
2. In a small bowl, combine olive oil, vinegar, and basil. Brush oil mixture over both sides of mushrooms, pepper strips, and onion rings. Arrange vegetables in a baking pan and place under the broiler, about 5 inches from heat source. Broil for 3 minutes. Remove pan from oven, turn vegetables over, baste with any remaining oil mixture, and return to oven. Broil for 3 to 4 more minutes, until vegetables are tender.
3. To serve, line bottom of bun with spinach leaves. Place one whole mushroom over top. Spread chickpea mixture over mushroom. Top with peppers, onions, and top half of bun. Serve immediately.

<b>Nutritional Info (per serving)</b>	Calories: 267
Fat: 6.8g	Saturated Fat: 0.1g
Protein: 10.4g	Carbohydrates: 44.9g
Fiber: 3.9g	Sodium: 422.9mg

Podleski, J., Martin, T., & Podleski, G. (2011). Bye-bye burgie. *The Looneyspoons Collection: Janet and Great's greatest recipe hits plus a whole lot more (p.71)*. Granet Publishing.