

Grilled Portobello Mushrooms on Toasted Rye with Avocado Salsa

Portobello mushrooms on the grill taste almost as hearty and meaty as a heavyweight burger but are better for you. Serve open-faced on a slice of crusty rye bread (or your favourite gluten-free option) with lettuce and salsa. Delicious!

4 portobello mushrooms
4 thick slices red onion
3 Tbsp (45 mL) + 1 tsp (5 mL) extra-virgin olive oil, divided
2 Tbsp (30 mL) freshly squeezed lemon juice
1 tsp (5 mL) Dijon mustard
1 garlic clove, smashed and finely minced
1/2 tsp (2 mL) dried thyme
1/2 tsp (2 mL) honey
Generous pinches of salt and pepper
4 slices crusty light rye (or gluten-free) bread, about 1/2 in (1.25 cm) thick
4 bibb lettuce leaves
1 tsp (5 mL) extra-aged balsamic vinegar (optional)

Avocado Salsa

1 large firm tomato, cored and diced
1/2 firm but ripe avocado, diced
1/4 cup (60 mL) finely diced red onion
1/4 cup (60 mL) chopped cilantro
1 garlic clove, smashed and finely minced
2 Tbsp (30 mL) fresh squeezed lemon juice
1/4 tsp (1 mL) salt
Freshly ground black pepper

Remove thick end of mushroom stem leaving about 1/2 in (1.25 cm) attached to cap. Place smooth side up in shallow dish large enough to hold caps, along with slices of onion in a single layer. Combine 3 Tbsp (45 mL) oil, lemon juice, Dijon, garlic, thyme, honey, salt, and pepper in small bowl. Whisk together and pour over mushrooms and onions, brushing and turning in marinade to coat evenly. Set aside to marinate while making salsa.

Combine Avocado Salsa ingredients in bowl and gently fold together to blend evenly. Cover and set aside.

Preheat barbecue and lightly grease the grate. Place mushrooms and onion slices on preheated grill and barbecue, turning once, until they are cooked through and slightly charred, about 5 to 7 minutes for onions and 10 minutes for mushrooms.

Near the end of grilling, brush slices of bread with remaining olive oil and place on grill alongside mushrooms to toast lightly on both sides.



To serve, place bibb lettuce leaf on each toasted slice of bread. Top each with grilled portobello mushroom, onion slice, and avocado salsa. Drizzle with a little balsamic, if using. Serve immediately.

Serves 4.

Each serving contains: 295 calories; 10 g protein; 17 g total fat (2 g sat. fat, 0 g trans fat); 33 g total carbohydrates (11 g sugars, 10 g fibre); 322 mg sodium >>

Mushrooms FOR WEIGHT MANAGEMENT



Rather than kicking back with a beef burger after your next summer sweat session, you might want to try this better-for-you portobello version. Research shows that swapping mushrooms for meat can help us maintain a healthy weight. In one study, participants who ate mushroom-rich meals three times a week for one year consumed fewer calories and lost more weight than those who ate red meat three times a week.