

LUNCH OR DINNER — MAIN DISH

# Portobello Burger

Makes 2 servings · 1 stuffed portobello each

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| <b>SATIETY SCORE</b><br><div><div></div><div></div><div></div><div></div><div></div></div> 2 / 5 | <b>NUTRITION</b><br><b>HIGH</b> |
| <b>Per serving (approx.):</b> Protein 3 g · Fiber 2 g · Calories 80                              |                                 |

## Ingredients

- 2 portobello mushrooms
- Olive oil
- Italian seasoning to taste
- Swiss chard or spinach leaves
- Burger toppings: tomato, onion, pickles, ketchup, mustard, etc.

## Directions

1. Cover a pan or grill with foil and preheat the broiler or grill to 350°F.
2. Clean the mushrooms, de-stem, and scrape out the gills with a spoon.
3. Drizzle both sides with olive oil and sprinkle with Italian seasoning.
4. Cook on each side until tender.
5. Serve on whole-grain bread or a large lettuce leaf with your favorite toppings.

**Note:** Serving whole-grain bread and a protein alongside makes this more filling.

**Ingredient tip:** When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

## GROCERY LIST

# Portobello Burger

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*Check off what you need — items are grouped by store section.*

### PRODUCE

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- ☐ 2 portobello mushrooms
- ☐ Swiss chard or spinach leaves

### PANTRY & DRY GOODS

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- ☐ Burger toppings: tomato, onion, pickles, ketchup, mustard, etc.

### CHECK YOUR PANTRY

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- ☐ Olive oil
- ☐ Italian seasoning