

Portobello Mushroom Burger or Buns

Ingredients

1 portobello mushroom per person if having as a grilled entree, 2 per person if using as a bun. I trim the bottom of the mushroom to get a flatter surface for toasting grilling.

Olive oil

Salt & pepper

Instructions

1. Brush mushroom top clean with a moist paper towel. Remove stem and trim bottom.
2. Lightly brush mushroom with oil and season with salt & pepper
3. Grill 1-2 minutes a side on a grill or pre-heated grill pan. You can also toast in a toaster.

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