



IMPACT Training's Recipe Share



RECIPE: THE BEST PORTOBELLA BURGER WITH BALSAMIC REDUCTION

INGREDIENTS

- 4 large Portobello mushrooms
- 2 tablespoons of olive oil
- 8 pieces of sourdough bread
- 4 slices of provolone cheese
- 1 large roasted red pepper, julienned – you can serve fresh/raw or lightly saute'
- 1 cup of buckwheat sprouts
- balsamic reduction (see how to make it below)

INSTRUCTIONS

To make balsamic reduction, put about a ¼ - ½ cup of Balsamic vinegar in a sauce pan . . . bring to a simmer (med/high heat) – then turn down the heat to a low simmer (about 10-15 minutes) till you see it thicken/reduce. Cool then place aside or put in refrigerator until later.

- Now for the Portobellos . . . Preheat grill to medium high heat.
- Evenly spread olive oil between each Portobello mushroom cap.
- Grill each side for 5-7 minutes and at the last second place provolone cheese on top to melt.
- Place bread on grill and grill each side for 2-3 minutes. Tip from Hillarie: If you want to make this even healthier, use Ezekiel brand bread (low on the Glycemic Index).

Assemble the burger with bread, portabella mushroom, roasted red pepper, buckwheat sprouts, and a drizzle of balsamic reduction.

Recipe by Joyfulhealthcats.com