

Meal Kit #4

Recipe #1

**Hamburguesas de Portobello
Portobello Mushroom Burgers**

Hamburguesas de Portobello

Receta adaptada de [The FruitGuys](#)

INGREDIENTES

- 4 panecillos de hamburguesa, tostados
- 4 champiñones portobello, cepillados con una toalla seca
- 2 dientes de ajo, picados muy pequeños
- 2.5 cucharadas de aceite de oliva, divididas, más para frotar
- 5 cucharaditas de vinagre balsámico
- Sal y pimienta al gusto

Opcional: cubrir con queso o hierbas frescas (perejil, albahaca o romero)

INSTRUCCIONES

1. Precalienta el horno a 350 °F. Forrar una bandeja para hornear con papel de aluminio o papel pergamino, si está disponible.
2. Frota o cepilla la parte superior, los lados y la parte inferior de los portobellos con media cucharada de aceite de oliva y colócalos con las branquias hacia arriba en la bandeja del horno.
3. En un tazón pequeño, mezcla el ajo diminuto picado, 2 cucharadas de aceite de oliva, 5 cucharaditas de vinagre balsámico y una pizca de sal.
4. Pincelar o untar la cara de las branquias de cada champiñón con la mezcla de vinagreta de ajo.
5. Hornear durante unos 20 minutos o hasta que los champiñones empiecen a soltar jugo.
6. Tostar los panes de hamburguesa. Colocar un champiñón en cada panecillo.

Opciones: Cubrir con queso desmenuzado o rallado si se desea.

Tiempo de preparación: 10 minutos; **Tiempo de cocción:** 20 minutos; **Raciones:** 4-6

Meal D1: Portobello Burgers

Nutrition Facts	
4 Servings Per Container	
Serving Size	225g
Amount Per Serving	
Calories	420
<small>% Daily Value *</small>	
Total Fat 12g	15%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 600mg	26%
Total Carbohydrates 65g	24%
Dietary Fiber 5g	17%
Total Sugars 10g	
Includes Added Sugars 0g	
Protein 14g	
Vitamin D 0.3ug	1%
Calcium 10mg	1%
Iron 0.5mg	3%
Potassium 570mg	12%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Ingredients: Burger Bun, Mushrooms, portabella, grilled, Olive Oil, Balsamic Vinegar, Garlic
Contains: Gluten

Meal Kit #4

Recipe #1

**Hamburguesas de Portobello
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Recipe adapted from [The FruitGuys](#)

INGREDIENTS

- 4 burger buns, toasted
- 4 portobello mushrooms, brushed clean with a dry towel
- 2 garlic cloves, chopped tiny
- 2.5 tablespoons olive oil, divided, plus more for rubbing
- 5 teaspoons balsamic vinegar
- Salt & pepper

Optional: top with cheese, fresh herbs (parsley, basil, thyme, or rosemary)

INSTRUCTIONS

1. Preheat oven to 350 °F. Line a baking sheet with tin foil or parchment paper, if available.
2. Rub or brush the tops, sides, and under part of the portobellos with ½ tablespoon a little bit of olive oil, and place them gills up on the baking sheet.
3. In a small bowl, mix chopped tiny garlic, 2 tablespoon olive oil, 5 teaspoons balsamic vinegar, and a pinch of salt.
4. Brush or spread the gill side of each mushroom with the garlic vinaigrette mixture.
5. Bake for 20 minutes or until mushrooms begin to release juice.
6. Toast hamburger buns. Place one mushroom on each bun.

Optional: Top with cheese, fresh herbs (parsley, basil, thyme, or rosemary), or cayenne pepper or hot sauce, if desired.

Prep time: 10 minutes; **Cook time:** 20 mins; **Servings:** 4

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