Loma Linda University Allied Health Nutrition & Dietetics

Portabella Guacamole Burger

Portions: 120 servings

Ingredients:

Amount Item

2.5 T low-sodium soy sauce
2.5 cups balsamic vinegar
5 T smoke flavor
4 cups olive oil

5 lb Portabella mushroom (sliced to ½)

120 pcs Burger buns
½ lb (120 slice) slice tomatoes
12 ct green leaf lettuce
120 pcs Mont Jack cheese, slices
1 lb Frozen guacamole

Method:

- 1. Remove mushrooms' stems. Remove the dark ribs from each mushroom cap.
- 2. Combine first 3 ingredients together in a large bowl. Slowly add the oil while whisking the first 3 ingredients until combined. Set aside.
- 3. Heat the grill to medium heat.
- 4. Place mushrooms, gill sides down, on grill rack coated with oil; grill 4 minutes on each side until they have grill marks.
- 5. Pour the marinade over the mushrooms and let them soak for 15-20 minutes
- 6. Toast the buns.
- 7. Place 1/2 mushroom on bottom half of each bun. Layer each mushroom with guacamole, 1 tomato slice and 1 lettuce leaf; cover with top halves of buns.

May 15, 2017 Lunch Power Non-Confidential