

Kardea's Goat & 'Shroom Burg

9 ingredients · 25 minutes · 2 servings



Directions

1. Preheat the grill to medium-high heat.
2. In a mixing bowl, combine red onion, zucchini and yellow pepper. Drizzle with olive oil and season with sea salt and black pepper to taste. Toss well. Transfer to a grilling basket and place on the grill. Grill for 15 minutes, or until slightly charred. Toss periodically.
3. Brush the insides of the portobello mushroom caps with olive oil. When there is about 5 minutes remaining for the vegetables, place the mushrooms caps face down on the grill and grill until slightly softened. Flip at the halfway point.
4. Remove grilled veggies and mushroom caps from the grill. Fill the inside of half the mushroom caps with grilled veggies. Top with lentils and mixed greens. Fill the other half of the portobello caps with goat cheese then place it on top to form the burger. Serve any leftover ingredients as a salad on the side. Enjoy!

Notes

Vegan

Skip the goat cheese and use pesto instead.

Meat Lover

Top the grilled vegetables with thinly sliced grilled steak, chicken or bacon.

Ingredients

- 1 cup Red Onion (sliced)
- 1 Zucchini (sliced into rounds)
- 1 Yellow Bell Pepper (sliced into strips)
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 12 ozs Portobello Mushroom Caps
- 1 cup Lentils (cooked, drained and rinsed)
- 1/2 cup Goat Cheese (or feta)
- 1 cup Mixed Greens

Nutrition

Amount per serving

Calories	363	Sugar	9g
Fat	14g	Protein	22g
Saturated	5g	Cholesterol	10mg
Carbs	44g	Sodium	174mg
Fiber	13g		