

Portobello Mushroom Burger Recipe/ How to make Portobello Mushroom Burger



Pinit

Love Mushroom..They are my family's favorite and a staple vegetable in my pantry. Portobello Mushroom are a great source of nutrients like potassium and selenium. They are a healthy substitution in a burger with less in calories. Portobello Mushroom Burger are the steak of the vegetable world. They taste delicious with a drizzle of olive oil and spices like garlic powder, Italian seasoning, salt and pepper added to it. Try this juicy, flavorful and full of deliciousness and let me know your feedback.

Ingredients

- 1 Portobello Mushroom
- 2 Burger Buns

1 Tbsp of Olive Oil
1/8 Tsp of Red chilli Flakes
1/2 Tsp of Garlic Powder
Dash of Salt and Pepper
Dash of Italian Seasoning (Opt)
2 Tbsp of Mayonnaise / Vegennaise
Squeeze of Yellow Mustard
1 Iceberg Lettuce
2 White / Red Onion, Thick Slices
4 Tomato, Slices

Other Ingredients

Strips of Carrot

Method

- Wash and remove the stem of Portobello.
- Preheat the cast iron pan over medium heat.
- Add olive oil to a pan and add red chilli flakes, then place the Portobello mushroom cap, sprinkle garlic powder, Italian seasonings, salt and pepper over the cap.
- Cover the skillet with lid and grill it on both sides until it changes color and turns tender.
- Grill the onion lightly on both sides.
- Toast the burger buns, apply Mayonnaise / Vegennaise on each side of burger buns.
- Now assemble the bun : Place the Iceberg lettuce above the mayonnaise side of burger bun, on top of that place the tomato slices, slice of onion, grilled Portobello mushroom cap, slice of onion, above that again add tomato slices and a squeeze of yellow mustard. Finally cover it with the burger bun.
- Serve immediately with ranch, french fries / strips of carrot (for healthier version) and a club soda.



Tips

- You can use whole wheat or white buns to make burger.
- You can also have a slice of provolone cheese or any cheese of your choice.
- You can grill the Portobello either on cast iron pan or outdoor grill.

Health Benefits of Portobello Mushroom

- Portobello is a great source of riboflavin, panthothenic acid, niacin, thiamine, folate, selenium, lyseine, protein, zinc, copper, manganese, and iron.
- Low in calories and high in fiber.
- Good source of phytochemicals, helps to support immune system.
- Rich in anti-oxidants L-ergothioneine.
- Reduce risk of Alzheimer disease.
- Anti-cancer property.
- sending recipe to [Guru's cooking](#)



[Vegetable Bread Roll Recipe / Veggie Bread Rolls – Indian Snack](#)



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Vegetable Bread Roll Recipe is a delicious and healthy evening snack to eat with a cup of tea. They are easy and quick to make recipe with healthy ingredients. You can use whole wheat bread or white bread to make this dish. I have given recipe with step by step pictures. Have this veggie bread rolls with hot tomato chilli ketchup. Also it is great liking recipe both for kids and adult. You can also pack this vegetable bread roll for kids lunch box.

Ingredients

- 2 Whole Wheat Bread Slices
- 1 Large Carrot, Finely Chopped
- 2 Tbsp of Green Peas
- 4 Green Beans, Chopped
- 2 Tbsp of Onion, Finely Chopped
- 1/2 Tsp of Ginger Garlic Paste
- Pinch of Turmeric Powder
- 1/2 Tsp of Red Chilly Powder
- 1 Tsp of Coriander Powder
- Pinch of Garam Masala
- Salt to taste
- 5 Curry Leaves
- 1 Tbsp of Coriander Leaves
- 2 Tsp of Oil To Saute The Vegetable
- 1 Tbsp of Oil / Butter / Ghee for Shallow Fry

Method

For Vegetable Stuffing

- Heat oil in a pan, add cumin seeds and curry leaves, after it splutter, add chopped onion and ginger-garlic paste, fry this for 2 mins until onion soften and changes color and raw smell vanishes.
- Add carrot, peas, beans and salt, saute this for few mins and cook until vegetables turns soft.
- Add coriander powder, turmeric powder, red chilly powder and garam masala, fry this for few mins.
- Finally add the chopped coriander leaves and turn off the flame.



For Bread Rolls

- **Cut the brown crust of the bread, roll it slightly with a rolling pin.**



- **Add the stuffing in middle of the bread and then roll it and finally seal the end of the bread with few drops of bread.**



- **Heat oil / ghee in a pan, shallow fry the bread roll until it turns golden brown color and crisp.**



- **Serve hot with tomato ketchup.**



Tips

- **You can deep fry the bread rolls instead of shallow frying.**
- **You can also bake it in oven until it turns crispy.**
- **Adjust the amount of red chilly powder according to your taste.**

- Use any vegetables for your choice for stuffing.
- You can also have cheddar cheese slice or any cheese instead of having vegetable stuffing.

Health Benefits of Vegetables

- Vegetables are home for antioxidants.
- Vegetables are packed with soluble and insoluble fibers.
- They are rich in vitamins and minerals.



Mini Methi Puri / Methi Puri Recipe – Indian Breakfast Dish



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Puri / Poori is a deep fried puffed bread, generally made with wheat or maida, salt and water. Additionally, in this recipe, I used fresh fenugreek leaves (methi) from my garden. Here the dough is then kneaded, rolled out into a circle and then deep fried in a hot oil. It tastes great if eaten hot, puffed up with a crispy outside and a moist inside. Though it starts to lose its puffiness and becomes chewy, when cold, poori is still tasty when eaten that way . It is often served for weekend breakfast. Good accompaniment for poori is potato based curries, dal and channa masala.



Ingredients

- 1/2 Cup of Whole Wheat Flour**
- 1/2 Cup of Maida / All Purpose Flour**
- 1/2 Cup of Methi/ Fresh Fenugreek Leaves, chopped**
- 1/4 Tsp of Ajwain / Omam**
- 1/4 Cup of Milk**
- 2 Tbsp of Oil**
- 2 -3 Tbsp of Water**
- Salt to taste**
- 3 Cups of Vegetable Oil for Deep Frying**

Method

- **In a medium size bowl, combine the whole wheat flour, maida, ajwain, chopped methi leaves and salt. Add oil and milk, mix by hand until all ingredients are well combined. Gradually add water, to form a dough that holds together.**
- **Knead the dough in the bowl until the dough is smooth**

about 5 mins. The dough should be moderately stiff.

- Cover the bowl with a kitchen towel and set aside for 15 mins. In a clean counter top, roll the dough into a rope and divide it into 12 – 14 equal portions.
- Roll each portion into a ball. Flatten the balls with a rolling pin and roll into a circles (Small or big) about 1/4 inch thickness.
- Heat the oil in a heavy bottomed pan over medium heat until it reaches 350 degree F.
- Test for readiness by placing a small piece of dough into the hot oil. If the bubbles rises to the surface immediately, it is ready. Place the circles into the hot oil, one piece at a time. The dough will sink to the bottom, but immediately rises up.
- Use light pressure with the back of slotted spoon to submerge the dough until it puffs up. Then, turn it over to brown on second side.
- Once it is done, remove the poori with a slotted spoon and drain on paper towel. Repeat the same procedure with the remaining dough. Serve immediately or keep it warm until ready to serve.



Tips

- **If you find your dough is sticky, add a tbsp of flour and knead it again.**
- **Always cook poori in a medium heat.**
- **If the oil is too hot, the poori will brown too fast, may remain doughy and uncooked inside.**
- **You can add grated ginger, red chilly powder for a different twist to the taste.**



Health Benefits of Methi or Fenugreek Leaves

- **Lowering Diabetes I and II**
- **High in dietary fiber and Vitamin C**
- **Lowers serum cholesterol.**
- **Improves digestion.**
- **Fenugreek leaves are rich in vitamins, minerals and good source of protein and Iron.**

