

# Portobello Mushroom Burger Recipe/ How to make Portobello Mushroom Burger



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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](#)



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## Carrot Halwa / Gajar Ka Halwa – Microwave Method / Easy Diwali Sweets

“200th Recipe “



[Pinterest](#)

**Hi Friends,**

I'm really excited to write my 200th post. Its been 10 months since I started my blog. I'm very happy that I shared and posted almost 200 recipes. Thanks for the comments, support and appreciation as I continue traveling in my culinary journey. Thank you everyone ☺ ☺

Gayathri Ramanan

Carrot Halwa / Gajar Ka Halwa is a traditional Punjabi dessert made with carrot, milk, ghee and sugar. This rich and colorful dessert is getting popular worldwide, also you can see this in

Indian restaurant menu card. This is very quick to make dessert using microwave. You can also make this in stove top or pressure cooker. Addition of ghee and nuts makes the dessert more rich and delicious. The cardamom gives good aroma and a flavor to the dish. You can make this halwa for any special occasion. Serve this halwa with ice cream on top. Try this recipe and enjoy ☐ ☐



## Ingredients

- 2 Carrots, Large (1 and 1/4 Cup)
- 1 Cup of 2% Milk
- 6 Tbsp of White Sugar
- 2 -3 Tbsp of Ghee (Clarified Butter)
- 2 Cardamom Pods

- Handful of Roasted Cashew Nuts

## Method

- Wash, peel and grate the carrots, I got 1 Cup of Grated carrots. Crush the cardamom seeds in a mortar and pestle to a fine powder. Keep this aside.
- In a microwave safe bowl, add ghee (1 Tbsp ) and grated carrots. Microwave this for 5 mins.
- Add milk and stir well. Microwave this for another 5 mins, stirring for every 2 mins.
- Add cardamom, ghee(1Tbsp) and sugar, stir well. Microwave this for 12 mins until carrots turns soft and milk fully absorbed, stir it for every 5 mins. Carrot halwa is ready.
- Garnish it with roasted cashews or any nuts of your choice. Serve it warm or cold.



## Tips

- You can use condensed milk instead of adding 2% fat milk.
- Add any nuts of choice for garnish.
- If you have unroasted cashews, roast it in ghee before you serve.
- You can also serve this halwa with ice cream on top.
- It will last for 2-3 days so refrigerate it in an air tight box.
- Adjust the amount of sugar according to your taste.
- When you add sugar, the mixture turns watery so microwave till all the milk is absorbed.



### **Health Benefits of Carrot**

- Good for the eyes.
- Prevents cancer.
- Vitamin A and antioxidant in carrot protect the skin from sun damage.

- Prevents heart disease and stroke.
- It has anti-aging property.

- **sending recipe to** [“Walking through the memory lane” event \(WTML\) Gayathri’s Cook Spot.](#) [Daythroughmylife](#)



# 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.

