

MAPLESHORES HEALTH CENTRE

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Vegan Hawaiian Portobello Burgers

Vegan, gluten-free, grain-free, , nut-free, refined sugar-free

Dressing Ingredients:

2 Portobello caps
2-3 cooking onions cut into rings
2 cloves of garlic, minced
1 tablespoon soy sauce (Tamari) + extra for seasoning
1 tablespoon maple syrup
4 Pineapple Rings
Freshly ground black pepper and salt, to taste
Whole wheat or gluten free buns
Lettus

Directions:

1. With a small spoon, remove the ribs from the mushroom caps, then wash the caps under cool running water and pat dry.
2. Place the onions and garlic in the hot pan with melted coconut oil and sauté the onions until they start to become translucent.
3. Add the soy sauce and the maple syrup to the onions, mixing well and allowing the soy sauce and maple syrup to reduce down to a thicker sauce.
4. After adding the maple syrup and soy sauce to the pan, sprinkle the Portobello caps with some soy sauce, the some salt and pepper.
5. Place the Portobello caps on the grill and grill for about 3-4 minutes on each side
6. When turning over the Portobello caps, place the pineapple rings on the grill to warm them up and caramelize slightly.
7. Remove everything from the heat, the onions, mushrooms, and pineapples.
8. Assemble the burgers on the buns with lettuce and serve

Tips and Ideas

Feel free to marinade the mushroom before you cook it, the onion and pineapple provide enough flavor that you don't have too! But if you want to, do equal parts low-sodium soy sauce, pineapple juice, and water!

The mushrooms can get cold in just a few minutes. If the timing doesn't match up and the mushrooms finish early, be sure to wrap them in foil to help them hold the heat! After your burgers are assembled, serve and enjoy!