

## VEGETARIAN PORTOBELLO SLIDERS

**SERVES:** 4 (2 sliders each) **Prep Time:** 15 min. **Cooking Time:** 10 min.

**CONTAINER EQUIVALENTS** (per serving):  1  2  1  2

**¼ cup** olive oil  
**1 Tbsp.** Worcestershire sauce, vegan  
**2 cloves** garlic, finely chopped  
(or 1 tsp. garlic powder)  
**1 tsp.** onion powder  
**1 tsp.** chopped fresh rosemary  
(or 1 tsp. dried rosemary)  
**½ tsp.** sea salt (or Himalayan salt)  
**¼ tsp.** ground smoked paprika  
**¼ tsp.** ground black pepper  
**8** baby portobello mushrooms,  
stems removed, rinsed  
**8** whole-grain dinner rolls,  
sliced in half  
**4 slices** smoked Gouda cheese  
(approx. 4 oz.) (optional)

1. Combine oil, Worcestershire sauce, garlic, onion powder, rosemary, salt, paprika, and pepper in a small bowl; whisk to blend.
2. Place mushrooms in a resealable plastic bag. Pour oil mixture over mushrooms, squeeze out excess air, seal. Refrigerate, covered, for at least 15 minutes, or as long as overnight. (The longer they marinate, the more flavor they will absorb.)
3. Preheat oven to 425° F.
4. Place rolls on sheet pan, cut side up. Place ½ slice of cheese on each top (if desired). Bake for 2 to 4 minutes, or until cheese is melted. Set aside.
5. Grill mushrooms over high heat for 3 minutes on each side, or until soft to the core and lightly charred on each side.
6. Place one grilled mushroom on each bottom roll. Top with your favorite burger toppings and top roll.

### RECIPE NOTES:

- If you can't find whole-grain dinner rolls, you can use a biscuit or cookie cutter to cut out a mini bun from a regular-sized hamburger bun.
- If topping your burger with your favorite toppings, remember to count your container equivalents.

**NUTRITIONAL INFORMATION** (per serving): **Calories:** 399 **Total Fat:** 18 g **Saturated Fat:** 8 g **Cholesterol:** 23 mg **Sodium:** 933 mg **Carbohydrates:** 45 g **Fiber:** 6 g **Sugars:** 7 g **Protein:** 18 g

Recipes containing the  icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.