



RELISH HEALTH

Grilled Marinated Mushroom Burgers

Marinated mushrooms have a meaty texture and flavor that work well on a bun. Adding flavorful toppings like Romesco sauce, pesto or other grilled veggies increase the nutritional density and flavor.

Author: Erica Leazenby, MD

Serves: 4

Time: 45 minutes

Ingredients:

4 large portobello mushrooms

¼ cup olive oil

¼ cup flavorful vinegar (balsamic, red wine or even lemon juice work well)

3 minced garlic cloves

generous pinch of salt

pepper to taste

Suggested Toppings: Romesco sauce, pesto, red onions or spinach

Directions:

- Clean the mushrooms by brushing off any dirt and removing stem.
- Combine the oil, vinegar, garlic and seasoning in a shallow dish. Add the mushrooms and allow them to marinate about 30 minutes.
- Heat the grill or stove-top grill pan to medium high heat. Coat the surface with a small amount of olive oil. Place the mushrooms on the grill. Sear each side for 3-4 minutes or until mushroom is soft and desired texture.
- Serve on a whole-wheat or gluten-free bun, or try on a bed of greens, and top with desired toppings.

Calories: 144 Fat: 14 grams Sodium: 85mg Carbohydrate: 3 grams Fiber: 1 gram Protein: 2 grams

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Romesco Sauce

This red-pepper and nut based sauce originates from Spain where it is traditionally served with fish. The toasted almonds add a rich flavor to the sweetness of the roasted peppers. This sauce is a nice combination of complex carbohydrate, good fat and protein. Enjoy it liberally as a sauce on main dishes or as a dip to accompany veggies.

Author: Erica Leazenby, MD

Makes: approximately 2 cups (32- 1 Tablespoon servings)

Time: 15 minutes

Ingredients:

12 oz jar of roasted red bell peppers, drained

1 clove garlic, peeled

¾ cup almonds, toasted

1 tablespoon tomato paste

½ bunch parsley

2 tablespoons red wine vinegar

2 teaspoons smoked paprika

large pinch of salt

¼ cup olive oil

Directions:

- Combine all ingredients in the bowl of a food processor. Run the processor until the mixture is smooth and all ingredients are well incorporated.
- Serve immediately or store in the refrigerator for up to 1 week.

Calories: 34 Fat: 3 grams Sodium: 18mg Carbohydrate: 1.4 grams Fiber: 1 gram Protein: 1 gram

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