

Grilled Portobello and Arugula Salad Burger

With or without the bun, this burger is a fabulous grill entrée that's sure to please even the most discerning palate! View the recipe demo on our Podcast Vegez.

Preheat grill to 450

Dressing

6 T. Olive oil
2 T. Organic cider vinegar
2 T. Agave syrup
1 t. Dijon mustard
Salt and fresh black pepper

Place all ingredients in a covered jar and shake well until the dressing is emulsified. Set aside and prepare salad.

Salad

5 oz. Baby arugula
1 C. Shredded carrot
½ small red onion, sliced thin
1 C. shredded celeriac root

Place all ingredients into a medium sized bowl. Lightly dress the salad and set aside.

Mushrooms

4 Portobello mushrooms, gills removed, washed and dried
Vegetable or olive oil for brushing
2 T. Soy sauce, any style
2 T. vegetarian Worcester sauce

Blend the soy sauce and Worcester sauce in a shallow bowl. Set aside. Brush the mushrooms with a little oil and place oiled side down on the hot grill. Cover and cook for 5-7 minutes until the mushroom begins to flatten and brown. Before turning, dip the mushroom into the sauce mixture and continue grilling for 3-4 minutes.

Serving suggestion:

On a toasted bun spread 2 teaspoons of vegan mayonnaise. Top with ½ to 1 teaspoon of chili sauce. Set a slice of tomato on top of the dressing, then top with the mushroom. Next layer on the arugula salad, cover with the bun and serve.

