



## Grilled Portobello Mushrooms

★★★★★ 4.72 from 70 votes

How to make the best Grilled Portobello Mushrooms. Simple recipe that's perfect for a portobello steak, grilled portobello mushroom burger, or easy side.

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<b>PREP:</b>	<b>COOK:</b>	<b>TOTAL:</b>
10 mins	6 mins	25 mins

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**SERVINGS:** 4 servings

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### Ingredients

- 4 large portobello mushrooms *stems and gills removed, wiped clean*
- 1/4 cup balsamic vinegar
- 1 tablespoon [extra virgin olive oil](#)
- 1 tablespoon low sodium soy sauce
- 1 tablespoon chopped fresh rosemary *or 1/2 teaspoon dried*
- 1 teaspoon garlic powder
- 1/2 teaspoon black pepper
- 1/8 teaspoon cayenne pepper *optional, plus additional to taste*
- Canola or vegetable oil *for grilling*
- Optional for serving: [Herby Avocado Sauce](#); these also make delicious mushroom burgers so you can serve them with buns, cheese, and your favorite fresh toppings like spinach, tomato, and avocado

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### Instructions

- 1 In a shallow baking dish, whisk together the balsamic vinegar, olive oil, soy sauce, rosemary, garlic powder, black pepper, and cayenne. Taste and adjust seasonings if you like. Add the mushrooms and turn to coat. Let sit for 5 minutes on one side, then flip and let sit 5

additional minutes. While the mushrooms marinate, prep the grill and anything you'd like to serve with them. You can let them sit for up to 30 minutes, so feel free to take your time—the longer they sit, the more intense the flavor will be.

- 2 Heat a grill or a large skillet over medium heat (about 350 to 400 degrees F). Brush the grill with oil to prevent sticking. Remove the mushrooms from the bowl, shaking off any excess marinade and reserving the marinade for basting. Cook on each side for 3-4 minutes, or until caramelized and deep golden brown. Brush the remaining marinade over the mushrooms several times as they cook.
- 3 To serve, top the portobello mushrooms with the avocado sauce or any topping you like.

## Notes

- Grilled mushrooms are best enjoyed the day they are made but can last for a few days in the refrigerator. I like to cut up the leftovers, then mix them with scrambled eggs for a quick healthy lunch.
- Nutritional information calced with 1/2 the marinade, since much is discarded. Nutritional information is provided as a good-faith estimate. If you'd like to make any changes to the calculation, you can do so for free at [myfitnesspal.com](https://myfitnesspal.com).

## Nutrition

**SERVING:** 1(of 4)

**CALORIES:** 60kcal

**CARBOHYDRATES:** 9g

**PROTEIN:** 3g

**FAT:** 2g

**FIBER:** 1g

**SUGAR:** 7g

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