

# *Portabella Mushroom "Burgers"*

4 large portabella mushrooms

2 tsp. olive oil

2 Tbsp. red wine (optional)

1 Tbsp. balsamic vinegar

2 tsp. chopped garlic

2 Tbsp. soy sauce

Clean mushrooms and trim stems flush with bottom of caps. Heat remaining ingredients until mixture begins to bubble and pour over mushrooms, tops down. Marinate for 1 hour or more. Remove mushrooms from liquid and grill until browned, about 5 minutes on each side. Serve on whole wheat hamburger buns with your favorite condiments.