

# Moroccan Spiced Portobello Burgers with Cucumber Raita



## main meals

**POINTS®** Value: 1

Servings: 4

Preparation Time: 18 min

Cooking Time: 6 min

Level of Difficulty: Easy

Portobello caps are so big they can double as burger patties. Look for large, smooth caps without any mushy bits or excessive browning.

## Ingredients

3/4 cup plain fat-free yogurt, Greek-variety recommended

1/4 cup cucumber(s), seedless (English), peeled, finely chopped

1 tsp mint leaves, minced

1/2 tsp table salt

1/2 tsp black pepper, freshly ground

1 tsp ground cinnamon

1 tsp ground cumin

1/2 tsp ground cardamom

1/2 tsp table salt

1/4 tsp ground cloves

1/8 tsp cayenne pepper

3 sprays cooking spray

4 large portobello mushroom(s), caps

2 Tbsp fresh lemon juice

## Instructions

To make the raita, mix yogurt, cucumber, mint, 1/2 teaspoon of salt and black pepper in a small bowl; cover and refrigerate 1 hour or up to 2 days.

To make the burgers, mix the cinnamon, cumin, cardamom, remaining 1/2 teaspoon of salt, cloves and cayenne on a large plate. Spray the caps on both sides with nonstick spray; coat both sides by pressing into the spice mixture.

Off heat, spray the grill rack or a grill pan with nonstick spray, then prepare the barbecue grill or heat the pan over medium heat. Add the caps and cook until somewhat softened and browned, turning once, about 6 minutes. Sprinkle with lemon juice, transfer to a serving platter, and let stand at room temperature for 5 minutes before serving with raita. Yields 1 cap and about 1/4 cup of raita per serving.

## Notes

Serve these mushroom burgers with the cucumber raita, either as a condiment for a whole wheat bun, or as a sauce on the side.