Grilled Portobello Mushroom Burger

Ingredients:

4 large portobello mushroom caps, 5 inches in diameter

1/3 cup balsamic vinegar

1/2 cup water

1 tablespoon sugar

1 garlic clove, minced

1/4 teaspoon cayenne pepper, optional

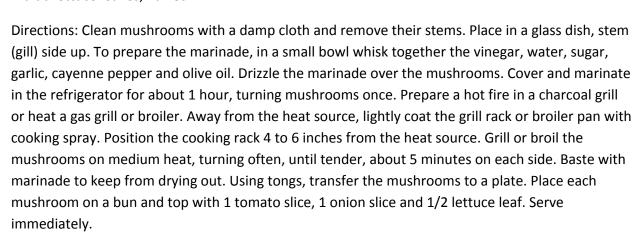
2 tablespoons olive oil

4 whole-wheat buns, toasted

4 slices tomato

4 slices red onion (I grill them too)

2 bibb lettuce leaves, halved



4 Servings @ 6 points, 7 pointsplus

