



Makes 4 burgers
Preparation Time: 15 minutes
Cook Time: 15 minutes

INGREDIENTS:

½ cup raw cashews, soaked in very hot water for 15 minutes

1 tablespoon tahini

1 tablespoon Dijon mustard

1 tablespoon lemon juice

1 small clove garlic, minced

¼ to ½ cup unsweetened, unflavored plant-based milk

¼ cup fresh tarragon, chopped

Freshly ground black pepper, to taste

4 portobello mushrooms, stems removed

1 tablespoon balsamic vinegar

4 whole grain hamburger buns, split and toasted

1 cup fresh spinach

4 slices tomato

Grilled Mushroom Burgers with Tarragon Crema

Summer herbs are a treasure trove of flavor, and the bright floral notes of tarragon shine through in this crowd-pleasing burger recipe. Smoky grilled portobellos are layered with fresh spinach, tomato, and a creamy cashew-based tarragon sauce for a meal that will please kids and adults alike. Pair these savory burgers with a handful of **Baked French Fries** to satisfy all your fast food cravings without the unhealthy ingredients. To make this recipe gluten-free, serve them on certified gluten-free buns.

Tip: To give the mushroom patties a smoky tarragon flavor, dip sprigs of tarragon in water and toss them onto the coals while grilling.

How about these other mouthwatering [vegan burgers](#)?

By Shelli McConnell

- 1 For sauce, in a blender or small food processor combine soaked, drained cashews with the next four ingredients (through garlic). Cover and blend until smooth, gradually adding plant-based milk until sauce is creamy and spreading consistency. Stir in tarragon. Season with pepper.
- 2 Brush mushrooms with vinegar. Grill mushrooms over medium 15 to 20 minutes or until tender, turning once.
- 3 Fill buns with spinach, mushrooms, and tomato slices. Spoon sauce over top. Serve immediately.