

Grilled Portobello Sandwich

Serves 8

For the portobello mushrooms:

2 T olive oil

2 cloves garlic finely chopped

salt to taste

freshly ground black pepper

1 tablespoon balsamic vinegar

8 portobello mushrooms



For the sandwiches:

1/2 c. + 2 T goat cheese

8 pieces of focaccia

1 1/3 c. spring mix, washed and dried

8 slices of tomato

For the portobello mushrooms:

1. Mix the olive oil, garlic, salt, pepper and vinegar
2. Remove the stems from the mushrooms and brush both sides of the caps with the olive oil mixture. Set aside.
3. Grill the mushrooms until they are soft in the center, about 3 to 4 minutes on each side.

Assemble the Sandwiches:

1. Spread 2 T. goat cheese on slice of focaccia
2. Add 1 slice of tomato
3. Add handful of spring mix
4. Add 1 mushroom top
5. Enjoy!

Per Serving: Calories 256; Fat 10 g; Protein 11 g; Sodium 578 mg; Carb. 37 g; Fiber 7 g; Sat. Fat 3g