

Blue is Better Recipe (Serves 6) Grilled Portobello Sandwich

Ingredients

- 6 portobello mushrooms
- 3 bell peppers
- 5 garlic cloves, minced
- 1/2 c. balsamic vinegar
- 2 tsp. olive oil
- 1 tsp. chopped fresh basil
- 1 tsp. chopped fresh parsley, optional
- 6 whole wheat kaiser rolls, split
- lettuce or arugula leaves, optional

Preparation Instructions

1. Discard portobello stems, rinse & wipe with a paper towel. Quarter peppers.
2. Whisk together vinegar, oil, herbs & garlic. Coat peppers & mushrooms with mixture in two separate containers; marinate for 1 hour. Preheat grill. Spray grill rack with cooking spray.
3. Grill mushrooms & peppers 3-4 minutes per side until tender. Thinly slice mushrooms.
4. Toast roll halves on grill. Fill rolls with mushrooms & peppers. Add lettuce leaf.



NUTRITION FACTS

Serving Size

1 portobello mushroom,
1/2 bell pepper

Amount Per Serving:

Calories	164
Calories from Fat.....	36
Total Fat	4 g
Saturated Fat.....	1.3 g
Cholesterol	0 mg
Sodium	243 mg
Carbohydrate	28 g
Dietary Fiber.....	1 g
Protein	5 g