

Portobello Reuben

Yield: 4 sandwiches

Ingredients:

2 cups	water
1 TBSP	pickling spice
1 TBSP	salt
1 TBSP	sugar, granulated
4 ea	portobello mushrooms
8 ea	rye bread
8 ea	swiss cheese, sliced
4 TBSP	1000 Island salad dressing
2 cups	sauerkraut

**Mushrooms are soaked in brine overnight.

Preparation:

1. Place water in pot with the pickling spice, salt and sugar. Bring to a boil and remove from heat.
2. Remove stems from the mushrooms. Place mushroom caps in a shallow bowl with the brine. Place a weight on top to keep the mushrooms completely submerged and cure overnight.
3. Drain mushrooms, slice thinly and set aside.
4. Toast bread and smear each slice of bread with with ½ TBSP of 1000 island dressing and 1 slice of swiss cheese.
5. On four of the cheese breads, place 1 sliced Portobello, ½ cup sauerkraut, and top with second slide of cheese dressed bread.
6. Press and toast sandwich until bread is golden brown and cheese is melted.

Per sandwich: 514 cal, 22 g fat, 9 g sat fat, 44 g carbs, 5 g fiber, 392 mg sodium, 35 g protein

Roasted Fingerling Grilled Oyster Mushroom Salad

Yield: 4 cups

Ingredients:

1 ¾ pound	fingerling potatoes
1/8 tsp	salt
1 cup	oyster mushrooms
1/8 tsp	black pepper
1-½ T	olive oil
1 T	rosemary, chopped

Preparation:

1. Preheat oven to 350F. Wash and cut fingerling potatoes in half lengthwise.
2. Toss with ¾ tbsp oil, pinch of salt and pepper and place on sheet pan, roasting for 30 minutes until tender.
3. Cool potatoes for assembly.
4. Preheat grill, toss mushrooms with ¾ tbsp half of oil, and pinch of salt and pepper. Place on a medium heat grill and cook for 8 minutes or until charred. Remove from heat and chill once done grilling.
5. Arrange on platter and garnish with fresh rosemary.

This is a great chilled dish to serve platter style, simply alternate rows of potatoes and mushrooms on platter on diagonal.

Per ½ cup: 90 cal, 3 g fat, 15 g carbs, 2 g fiber, 50 mg sodium, 2 g protein

Mushroom Onion Smoked Gouda Pizza

Yield: 1 pizza

Ingredients:

1/3 each red, green and yellow bell
2 each peppers yellow onions,
1 1/2 T sliced
16 oz canola oil
4 tsp mushrooms
2 oz butter, unsalted
1 each smoked gouda
1 T 16" pizza crust
2 T extra virgin olive oil
thyme, fresh

Preparation:

1. Preheat oven to 400F. Place peppers, skin side up on sheet pan and roast for 15 minutes. Remove peppers from oven and place in a large bowl, cover with plastic wrap and sweat until skins are loosened, about 10 minutes. Slice into thin strips.
2. Heat 1.5 tbsp canola oil in large sauté pan and add onion and cook over low heat until browned and caramelized.
3. To prepare mushrooms: melt butter in sauce pan. Add mushrooms and sauté for 5-8 minutes.
4. Shred smoked gouda.
5. Spread 1 T olive oil on pizza dough. Top with caramelized onions, sautéed mushrooms, 2 T of thyme leaves, 2 oz. of cheese and roasted peppers.
6. Bake in oven until cheese is melted and crust is crispy.
7. Cut each pie into 8 slices.

Per Slice: 327 cal, 11 g fat, 46 g carbs, 4 g fiber, 427 mg sodium, 11 g protein

Soba Noodle and Mushroom Lettuce Wrap

Yield: 8 each

Ingredients:

12 oz mushrooms, sliced
1 tbsp oil
1/8 tsp salt
2 cup soba noodles, cooked (about 2 bundles/4 oz dry)
1 1/2 tbsp toasted sesame seeds
1 1/2 tbsp sesame oil
1 head bibb lettuce
2 cup shredded cabbage
2 cup shredded carrots
16 leaves thai basil
2 1/2 tbsp sweet thai chili sauce

Preparation:

1. In sauté pan add oil, mushrooms and salt and sauté until soft, 5-8 minutes.
2. Bring a pot of water to a boil and cook soba noodles for 5-6 minutes. Drain from hot water and rinse under cool water. Allow to drain completely. Toss with sesame oil and sesame seeds.
3. Separate leaves from head of lettuce. In 1 lettuce cup, place 1/4 cup, 1/8 cup mushrooms, 1/8 cup cabbage, 1/8 cup carrots, 2 thai basil leaves and 1 tsp chili sauce.

Per 2 ea: 178 cal, 6 g fat, 1.7 g sat fat, 28 g carbs, 3 g fiber, 170 mg sodium, 7 g protein

Mushroom Risotto

Yield: 4 servings

Ingredients:

½ cup	unsalted butter
1/3 cup	minced shallot (or onion)
1 cup	arborio rice
2 ½ tbsp	white wine
24 fl oz	chicken stock
24 oz	crimini mushrooms, sliced
4 cups	wild mushroom bisque (or cream of mushroom soup)
1 TBSP	parsley, freshly chopped

Preparation:

1. Add 4 tbsp butter to a heavy pot over medium heat. Add shallots and allow to sweat. Stir in rice to coat. Add wine and cook, stirring until almost absorbed. Add stock, 1 cup at a time, stirring well after each addition. Wait until stock is almost completely absorbed before adding the next cup.
2. Continue stirring until rice is cooked and liquid absorbed. Reserve for assembly.
3. Mince mushrooms and sauté in 4 tbsp butter until tender.
4. In sauté pan add rice, mushroom soup, and cooked mushrooms and cook until heated thoroughly and liquid has absorbed. If risotto is too dry add 1/8 cup water.
5. Garnish with 1-2 T of parsley, serving approximately 1.5 cups risotto

Per serving: 581 cal, 26 g fat, 75 g carbs, 6 g fiber, 719 mg sodium, 13 g protein