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

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 $\frac{1}{2}$ 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 % pound fingerling potatoes

1/8 tsp salt

1 cup oyster mushrooms 1/8 tsp black pepper

1-1/2 T olive oil

1 T rosemary, chopped

Preparation:

- 1. Preheat oven to 350F. Wash and cut fingerling potatoes in half lengthwise.
- 2. Toss with 3/4 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 tosp 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 $\frac{1}{2}$ cup: 90 cal, 3 g fat, 15 g carbs, 2 g fiber, 50 mg sodium, 2 g protein



^{**}Mushrooms are soaked in brine overnight.

Mushroom Onion Smoked Gouda Pizza

Yield: 1 pizza

Ingredients:

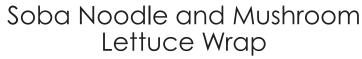
1/3 each red, green and yellow bell 2 each peppers yellow onions, 1 ½ T sliced 16 oz canola oil 4 tsp 2 oż mushrooms 1 each butter, unsalted smoked gouda 2 T 16" pizza crust

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



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 ½ tbsp toasted sesame seeds

1 ½ tbsp sesame oil 1 head bibb lettuce

2 cup shredded cabbage 2 cup shredded carrots

16 leaves thai basil

2 ½ tbsp sweet thai chili sauce

Preparation:

- 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 ½ 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 floz chicken stock

24 oz crimini mushrooms, sliced

4 cups wild mushroom bisque (or cream of mushroom soup)

1 TBSP parsley, freshly chopped

Preparation:

- 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 sauce 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

