

Roasted Portobello Sandwiches with Dijon Balsamic Vinaigrette

(Makes 4 servings)

Ingredients:

- Four 4- to 5-inch Portobello mushrooms, stems removed
- Olive oil cooking spray
- 4 thin slices red onion
- 8 thin slices whole-grain bread
- 4 thin slices low-fat Swiss cheese (4 ounces)
- 2 jarred roasted red peppers, drained and sliced (about 2 ounces)
- 4 slices tomato
- 4 fresh basil leaves

Vinaigrette:

- 1 tablespoon balsamic vinegar
- 1 tablespoon Dijon mustard
- 3 tablespoons chopped fresh basil
- 1 scallion, white part and 1 inch of the green, finely chopped
- 1/8 teaspoon garlic powder
- Freshly ground pepper

Balsamic Mayonnaise:

- 1 tablespoon light mayonnaise
- 2 teaspoons balsamic vinegar
- 1 teaspoon Dijon mustard



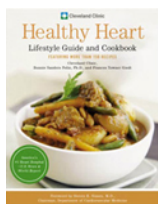
Directions:

- 1) Preheat the oven to 450°F.
- 2) Coat the mushrooms with cooking spray. Mix the vinaigrette ingredients and paint the mushrooms on both sides. Marinate for 15 minutes.
- 3) Coat the marinated mushrooms and the onion slices with cooking spray. Roast them in the oven until cooked through, about 5 minutes. Coat the bread with the cooking spray and toast in a toaster oven.
- 4) Place a slice of cheese on four of the pieces of toast. Top with a mushroom, slices of onion, red pepper, tomato, and a basil leaf.
- 5) Mix balsamic mayonnaise ingredients together until completely blended. Spread a thin layer on each burger. In a large bowl, combine all ingredients. Toss gently to mix.
- 6) Cover and refrigerate for at least 30 minutes to chill. Serve.

Nutritional Analysis: (per serving)

- Calories: 290
- Fat: 9 g
- Saturated Fat: 3.5 g
- Sodium: 470 mg
- Protein: 19 g
- Carbohydrate: 34 g
- Sugars: 4 g
- Dietary Fiber: 6 g
- Cholesterol: 15 mg
- Potassium: 631 mg

Source:



“Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook”

This heart-healthy recipe and more than 150 others are available from the nation’s #1 heart center in the “Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook” (© 2007 Broadway Books).

The cookbook is available in bookstores or online from Randomhouse.com, BN.com or Amazon.com.

Go! Foods® for You Program



This recipe has been modified to meet Go! Foods® criteria.