

Portobello

FRENCH DIP SANDWICHES

These vegetarian friendly sandwiches pack a savory flavor that is lower in cost, calories, fat and sodium than the classic Beef French Dip.

INGREDIENTS

- 2 tsp. unsalted butter
- 2 ½ Tbsp. olive oil, divided
- 2 large yellow onions, vertically sliced
- ¼ tsp. kosher salt (or to taste)
- 1 ¼ lb. portobello mushroom caps, gills removed, sliced into strips
- ¾ cup low-sodium vegetable broth
- 1/3 cup dry sherry
- 1 Tbsp. Worcestershire sauce (vegetarian optional)
- 2 tsp. chopped fresh thyme
- 1 tsp. low-sodium soy sauce
- 2 Tbsp. Dijon mustard
- ½ tsp. prepared horseradish
- 4 (2-oz.) whole-grain hoagie rolls, split
- 4 thin slices of swiss cheese
- Pepper (to taste)

Serves 4



WAC Fun Food Fact

Mushrooms are the only source of vitamin D in the produce aisle! Vitamin D is mostly found in fish or fortified dairy products and is necessary for the body to absorb calcium to maintain bone health. What is interesting is that mushrooms make their own with vitamin D with exposure to the sunlight just like humans do.

NUTRITIONAL INFORMATION

Serves 4, serving size
1 sandwich and 2 Tbsp. of jus.
Calories: 365 Fat: 16 g
Protein: 13g Carbs: 43 g
Fiber: 7g Sodium: 500 mg

PREPARATION

1. Heat butter, 1 ½ tsp. oil in a large skillet. Add onions and cook until golden (about 10-15 minutes). Save for topping.
2. While onions are cooking, heat 1 Tbsp. oil in a separate large skillet over high heat and arrange mushrooms in a single layer until golden brown (about 3-5 minutes each side).
3. Add broth, sherry, Worcestershire, thyme, soy sauce, and pepper. Bring the mixture to a boil. Then reduce to simmer for 5 minutes.
4. Remove cooked mushrooms from the pan and divide jus evenly in 4 ramekins.
5. For the sauce: Stir mustard and horseradish in a bowl. Spread on top halves of the bread rolls.
6. Preheat the broiler to high. Arrange ¾ cup of mushrooms on to bottoms and tops of each roll onto a baking sheet. Top each side with reserved cooked onions and swiss cheese. Broil until the cheese is melted (1-2 minutes). Serve with jus for dipping!

Recipe of the Month | **APRIL**



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