

## **Portabella Melt**

Courtesy of Carole's Creations

Prep Time: 15 minutes

Cooking Time: 8 minutes

Serves: 4

**CChints:** The large portabella mushrooms have a meaty flavor which is a good healthy substitute for a hamburger patty. You'll need a grill pan to get the grill marks. If you are using a cast iron pan you can coat it with cooking spray. But if you are using a nonstick pan, use a tablespoon of oil because a cooking spray can damage some nonstick surfaces.\*



1/8 cup balsamic vinegar

1-1/2 tablespoons olive oil + 2 teaspoons

1 glove minced garlic, fresh or from a jar

4 large portabella mushrooms (about 4 inches across)

4 Roma tomatoes, cut in half lengthwise

1 medium sweet onion, sliced thin

1 red bell pepper, cut into strips

1 yellow or orange bell pepper, cut into strips

Cooking spray

1/3 cup chopped basil leaves, divided

3 tablespoons chopped oregano leaves, divided

Dash of salt and pepper

4 pre-sliced Sandwich Thins, multi-grain or your favorite round roll or bun

4 ounce package soft goat cheese (1/2 cup)

8-10 Kalamata olives, sliced

The size of your grill pan will determine if you have enough room to cook everything at one time or do it in two stages.

In a large mixing bowl, whisk together the vinegar, 1-1/2 tablespoons of oil, and garlic. Brush the caps of the mushroom with a dry paper towel. Turn the over and use a small spoon to gently scrape out the fibers and be very careful not to break the mushroom cap. Carefully break off the stem and through them away. Cut the tomatoes and use a pastry brush and brush both side of the mushrooms and tomatoes with some of the vinegar mixture and lay them on a plate. Add the onions and bell peppers to the bowl and toss in the vinegar mixture.

Find a large work area where you can lay out the bread pieces. Put down a layer of paper towels or waxed paper for fast clean up. Divide the Sandwich Thins or open the buns. Spread the cheese over the insides of each piece and a set aside.

Heat the grill pan over medium heat. Coat the pan \* (see note up in CChints).

Grill large enough for everything: Sprinkle the cut side of the tomatoes with 1 tablespoon of oregano and sprinkle lightly with salt and pepper. Add the tomatoes, cut side down to the pan and then add the mushrooms. Drain the vegetables and add them to the pan. Grill for 5 minutes until the mushrooms are soft and the vegetables are tender. Remove the tomatoes and put 2 on each dinner plate. Remove each mushroom and each on a bottom bun piece. Top with the onions and peppers. Sprinkle with the herbs and olives and apply to top bun piece. Recoat grill pan and place each sandwiches on the grill. Place and cast iron skillet or another heavy skillet on top of the sandwiches and grill for 2 minutes. Remove from the pan and put on serving plates, grill side up. Cut in half or serve whole.

Carefully remove the mushrooms and tomatoes from the pan.

**Smaller grill pan:** If your pan is only big enough for the mushrooms and tomatoes, start with them first. Sprinkle the cut side of the tomatoes with 1 tablespoon of oregano and sprinkle lightly with salt and pepper. Add the tomatoes, cut side down to the pan and then add the mushrooms. Drain the vegetables and add them to the pan.