

## **Grilled Portabella Mushroom Sandwich**

**Serves 2**

This sandwich is loaded with antioxidants, and is a good source of chromium and potassium.

### Ingredients:

- 2 large portabella mushrooms
- 4 tsp yellow mustard
- 3 tsp Worcestershire sauce
- 4 tsp olive oil
- 2 tsp garlic (minced)
- 2 Tbsp balsamic vinegar
- 1 cup baby spinach leaves
- 2 oz sweet roasted red peppers (sliced)
- 1 whole wheat pita, divided into 2

Wipe mushroom to clean. Combine mustard, Worcestershire sauce, olive oil, garlic, vinegar together. Pour over mushrooms, turn to coat. Let soak for 10 minutes.

Heat grill. Grill mushrooms for 5 minutes on each side, or until lightly blackened on edges. Remove from heat. Slice mushrooms, add spinach leaves while mushrooms are hot. Spinach will wilt slightly, add sliced peppers, and toss mixture.

Slice pita in half, and stuff with ½ mixture.

Per serving: calories 225, fat 9.5 g, saturated fat 1.25 g, carbohydrate 33 g, protein 9.5 g (Optional: to increase protein, add grilled chicken)

Recipe courtesy of Judy Mouser