













ITALIAN FRIED MUSHROOM SANDWICH



4 servings

- **Protein:** 5.2 g protein per 1 Sandwich

INGREDIENTS

 1	Avocado	 4 TBSP	<u>Hellmann's Garlic Mayo Aioli Dip and Spread</u>	 4 TBSP	<u>Taste Connections Low Protein Bread Crumbs</u>
 2	Roma Tomatoes	 ½ c.	Wheat Starch	 8	Button Mushrooms
 2	large Garlic cloves, Minced	 4 TBSP	<u>Bob's Red Mill Gluten Free Egg Replacer</u>		Canola Oil
 4 TSP	Balsamic Glaze	 ½ c.	Water	 4	<u>Schar Gluten Free Ciabatta Rolls</u>

ITEMS NEEDED

- 2 Small Bowl bowls
- Knife
- Fork
- 3 Medium Shallow Bowls
- Large Frying Pan
- Toaster

PROTEIN PER SERVING

5.2 g protein per sandwich

NOTES

This can be made lower in protein, by swapping out for a different vegetable to fry (eggplant), or by using a bread lower in protein.



1 PREP

- Halve, pit, and scoop the avocado flesh into a small bowl; mash with a fork and season to taste with salt and pepper.
- Dice tomatoes into a small bowl. Add minced garlic and balsamic glaze.
- Wipe the mushrooms with a damp paper towel to remove dirt. Pat them completely dry with a paper towel. Thinly slice mushrooms.



2 BATTER MUSHROOMS

- Set up three shallow bowls in a row. One for Wheat Starch, one for egg replacer, one for breadcrumbs. Put each ingredient into its bowl.
- Follow the directions and reconstitute the egg.
- **Dredge:** Toss the mushrooms in the wheat starch and shake off the excess.
- **Dip:** Submerge the floured mushrooms in the egg mixture until fully coated.
- **Coat:** Drop the wet mushroom into the breadcrumbs. Press down gently so the crumbs adhere firmly



3 FRY MUSHROOMS

- Heat your oil in a skillet or deep fryer to 350°F. Fry in small batches so you don't overcrowd the pan, and cook for about 3–4 minutes, flipping halfway through, until they are a beautiful golden brown.
 - Remove carefully from pan onto a plate lined with a paper towel.
- Alternatively, you can air fry - Air Fry: Place the mushrooms in the air fryer basket in a single layer. Cook & Shake: Cook at 380°F to 400°F for 10 to 12 minutes. Shake the basket every 3 to 4 minutes to ensure they brown evenly.



4 ASSEMBLE

- While the mushrooms cook, toast the ciabatta.
- Once ciabatta is toasted, spread garlic aioli on both sides and spread avocado and bruschetta on one side.
- After mushrooms are cooled, divide evenly among the 4 sandwiches.
- Enjoy!