

# SOUTHWEST PORTOBELLO MUSHROOM SANDWICH



4 servings

- **Protein:** 5 g protein per 1 Sandwich

## INGREDIENTS



2 Small Portobello Mushrooms



1 Avocado



¼ c. Onion



2 TBS. Cilantro



1/2 Lime



2 Roma Tomatoes



4 TBSP [Hellmann's Chipotle Mayonnaise Dressing](#)



4 [Schar Gluten Free Ciabatta Rolls](#)

### ITEMS NEEDED

- Paper towel
- Spoon
- Knife
- 2 Small Bowl bowls
- Fork
- Large Frying Pan with Lid
- Toaster

### PROTEIN PER SERVING

5 g protein per 1 Sandwich

### NOTES

This can be made lower in protein, by using a lower protein bread.



#### 1 PREP

- Wipe the caps with a damp paper towel (don't soak them — they absorb water and turn soggy), snap or slice off the woody stems flush with the cap, then use a spoon to scrape out the dark gills underneath, which are edible but can muddy the color of your dish. Lightly score the top (rounded) side of the mushroom caps in a crosshatch pattern.



#### 2 COOK MUSHROOMS

- **Sear:** Heat a generous amount of oil in a skillet over medium-high heat. Place the mushroom caps scored-side down.
- **Cook:** Sear for 5 minutes until browned, then flip. Add 2 TBS of water to the pan and cover. Cook for another 3-5 minutes until tender when pierced with a knife.



#### 3 MAKE GUACAMOLE

- Meanwhile, dice the tomato and onion. Roughly chop cilantro.
- Halve, pit, and scoop the avocado into a small bowl; mash with a fork and season to taste with salt and pepper. Stir in onion, cilantro, and lime juice. Fold in diced tomatoes.



#### 4 ASSEMBLE

- While the mushrooms cook, toast the ciabatta.
- Once the ciabatta is toasted, spread Chipotle Mayonnaise on both sides, then add guacamole to one side
- After the mushrooms are cooled, cut them in half and divide evenly among the 4 sandwiches.
- Enjoy!