

Portobello Sandwiches "PLTs"



Ingredients

6 large Portobello mushroom caps, cleaned, stemmed and cut into 1/4" slices	2 tsp garlic powder
4 Tbsp olive oil	1 tsp pepper
4 Tbsp soy sauce	2 tsp balsamic vinegar
2 tsp maple syrup	12 slices whole grain bread, toasted
1 tsp smoked paprika	6 lettuce leaves
	2 large tomatoes, sliced

Instructions

Combine olive oil, soy sauce, maple syrup, smoked paprika, garlic powder, pepper and balsamic vinegar in shallow dish. Coat mushroom slices in marinade. Place mushroom slices on parchment lined baking sheet. Bake in preheated 350°F oven for 20 minutes. Remove from oven, flip mushrooms and bake for another 10 minutes. Allow to cool to crisp.

Nutrition Information Per Serving

Serving Size: 1 sliced mushroom
Serves 6
Calories: 120
Fat: 9 gm
Sodium: 390 mg
Fiber: 1 gm
Carbohydrates: 6 gm
Protein: 3 gm
Sugars: 4 gm