



Portobello Sandwiches- "PLTs"

Serves: 12- 1 sliced mushroom each

amount	unit	Ingredients:
12	each	large Portobello mushroom caps, cleaned and stemmed, cut into 1/2" thick slices
8	Tbsp	olive oil
8	Tbsp	soy sauce
4	tsp	maple syrup
2	tsp	smoked paprika
4	tsp	garlic powder
2	tsp	pepper
4	tsp	balsamic vinegar
24	slices	whole grain bread, toasted
12	each	lettuce leaves
4	each	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 degree oven for 20 minutes. Remove from oven, flip mushrooms and bake for another 10 minutes. Allow to cool to crisp.

Nutritional Information: (does not include bread and toppings)

Calories: 120; Carbohydrates: 6g; Fiber: 1g; Sugars: 4g; Protein: 3g; Fat: 9g; Saturated Fat: 1.9g; Cholesterol: 0mg; Sodium: 390mg