Grilled Philly Cheese Mushroom Sandwich

Recipe courtesy of the Mushroom Council and mushroominfo.com

Preparation Time: 5 minutes
Cooking Time: 15 minutes
Serves: 4
Average cost per sandwich: $2.95

4 large Portabella mushrooms, sliced
1 large red onion, sliced
2 bell peppers, core and seeds removed, quartered
2 tablespoons canola oil
1 teaspoon grilled steak seasoning
4 Italian rolls, split length wise, toasted
8 slices provolone or American cheese or 4 ounces processed cheese spread

Heat grill to medium, about 365°. Brush both sides of mushrooms, onions and bell peppers with oil and season with steak seasoning. Place on grill and close cover, cook 5 minutes on each side.

Remove onions and peppers from grill, thinly slice as desired. Place on aluminum foil and return to grill to keep warm. Remove mushrooms and thinly slice. Lightly toast bun on grill. Remove peppers, onions and mushrooms and combine.

Place cheese on each split roll, top mushroom mixture. Turn grill off and place sandwiches on grill with lid closed, 5 minutes or until cheese is fully melted. Cut in half and serve immediately.

Nutrition Facts

Serving Size (293g)
Servings Per Container

Amount Per Serving

Calories 370	Calories from Fat 210
	% Daily Value*
Total Fat 23g	**35%**
Saturated Fat 10g	**50%**
Trans Fat 0g	
Cholesterol 40mg	**13%**
Sodium 590mg	**25%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 5g	**20%**
Sugars 4g	
Protein 21g	

Vitamin A 30% • Vitamin C 120%
Calcium 45% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4