

## Portabella Mushroom Sandwich

- 1 small red onion, sliced
- 1 Portabella mushroom\*
- 3 Tbsp olive oil, separated
- 2 Tbsp balsamic vinegar
- ½ tsp dry basil
- ¼ tsp sugar or equivalent sugar substitute (optional)
- 1-2 ounces crumbled blue cheese

OR

- 1-2 Tbsp blue cheese salad dressing
- 1-2 slices tomato
- 1 sandwich roll, sliced lengthwise

1. Heat 1 Tbsp oil in skillet over medium heat; sauté onions until tender, 5 to 6 minutes; set aside.
2. Remove stem from mushroom, slice stem lengthwise, or crosswise into ½-inch pieces. Clean mushroom cap.
3. Combine remaining oil, vinegar, basil, and sugar in a small bowl; stir with small wire whisk until oil and vinegar are well combined.
4. Brush mushroom cap and pieces with mixture, or marinate in mixture up to 30 minutes.
5. Saute mushroom in same skillet over medium heat until tender, 15 to 20 minutes depending on cap size (less time for pieces), turning after half the time.
6. Return onion to skillet and warm through with mushroom.
7. Serve mushroom and onion in sandwich roll with blue cheese and tomato.

**Makes approximately one serving**

\*Alternatively, use Portabellini (“baby” Portabella) mushroom.