

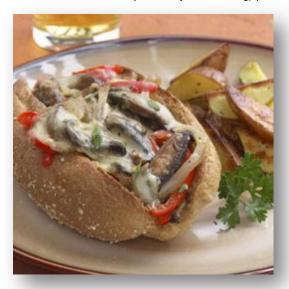
Weekly Recipe Challenge



Portobello "Philly Cheese Steak" Sandwich (courtesy of Eating Well)

Cheese steaks are a Philadelphia tradition: thin slices from a rich and very fatty slab of beef, fried up and topped with a heavy cheese sauce. We've cut down on the fat considerably - but not on the taste. Make this vegetarian by using vegetable broth in place of chicken stock.

4 sandwiches (2 Carbohydrate Serving) | Active Time: 25 minutes | Total Time: 25 minutes



Ingredients

- 2 teaspoons extra-virgin olive oil
- 1 medium onion, sliced
- 4 large portobello mushrooms, stems and gills removed (see Tip), sliced
- 1 large red bell pepper, thinly sliced
- 2 tablespoons minced fresh oregano, or 2 teaspoons dried
- 1/2 teaspoon freshly ground pepper
- 1 tablespoon all-purpose flour
- 1/4 cup vegetable broth, or reduced-sodium chicken broth
- 1 tablespoon reduced-sodium soy sauce
- 3 ounces thinly sliced reduced-fat provolone cheese
- 4 whole-wheat buns, split and toasted

Tip: The dark gills found on the underside of a Portobello mushroom cap are edible, but can turn a dish an unappealing gray color. If you like, gently scrape the gills off with a spoon.

Instructions

- 1. Heat oil in a large nonstick skillet over medium-high heat.
- Add onion and cook, stirring often, until soft and beginning to brown, 2 to 3 minutes.
 Add mushrooms, bell pepper, oregano and pepper and cook, stirring often, until the vegetables are wilted and soft, about 7 minutes.
- Reduce heat to low; sprinkle the vegetables with flour and stir to coat.
- 5. Stir in broth and soy sauce; bring to a simmer.
- Remove from heat, lay cheese slices on top of vegetables, cover and let stand until melted, 1 to 2 minutes.
- 7. Divide the mixture into 4 portions with a spatula, leaving the melted cheese layer on top. Scoop a portion onto each toasted bun and serve immediately.

Nutritional Information (per serving) Exchanges: 2 starch, 1 vegetable, 1 high-fat meat

- Calories 268
- Carbohydrates 35g (Fiber 7g)
- Cholesterol 15mg
- Fat 10g (4g Saturated Fat; 4g Monounsaturated)
- Sodium 561mg
- Potassium 704mg
- Protein 13g