



# Weekly Recipe Challenge



## Portobello "Philly Cheese Steak" Sandwich *(courtesy of EatingWell)*

*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.
2. Add onion and cook, stirring often, until soft and beginning to brown, 2 to 3 minutes.
3. Add mushrooms, bell pepper, oregano and pepper and cook, stirring often, until the vegetables are wilted and soft, about 7 minutes.
4. Reduce heat to low; sprinkle the vegetables with flour and stir to coat.
5. Stir in broth and soy sauce; bring to a simmer.
6. 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