

Balsamic Portobello Sandwich with Roasted Peppers, Avocado, and Basil Mayo

Makes 2 sandwiches (dinner tonight, lunch tomorrow!)

Ingredients

Mushrooms/Marinade:

1 Tbsp. Olive Oil
2 Tbsp. Low Sodium Soy Sauce
1-2 Tbsp. Balsamic Vinegar (you can use red wine vinegar also)
1/2 cup Low Sodium Vegetable Broth
2 Frozen Garlic Cubes, thawed (or 2 cloves grated on a microplane)
1/2 tsp. Dried Oregano
Salt and Pepper to taste
2 Portobello Mushroom Caps

Peppers and Onions:

1 Red Bell Pepper, sliced
1/2 Sweet Onion, sliced
Olive Oil
Salt and Pepper

Basil Mayo:

1 frozen basil cube, thawed
2 Tbsp. Earth Balance vegan mayo
1/8-1/4 tsp. Fresh Lemon Juice
Sliced Avocado
1 Crusty Roll

Method

Pre-heat oven to 400 degrees.

Make the mayo by combining adding the basil and mayo in a bowl and stir to combine. Next add lemon juice a sprinkle at a time until you reach desired taste, stir. Put in the fridge to chill.

Make the mushrooms by adding all the ingredients, except mushroom caps, to a bowl and whisk together. Pour the marinade in a 8-9 in. glass baking dish (not metal and). Place mushroom caps in a swish them around getting the marinade all over them. Now place them top down and spoon some of the marinade over so that it makes in pool. Set aside at least 15-20 minutes.

Now place peppers and onions on a baking sheet, drizzle with olive oil, sprinkle with salt and pepper and toss with your hands. Bake 15-20min. Halfway through toss them around.

When they're done, take them out and set aside. Cover the mushroom dish with foil and bake in the oven 25 min. Then take the foil off and flip them over. Bake uncovered for another 10 minutes.

You can slice your roll and pop in the toaster to lightly toast. I also remove some of the inside bread to make more room for the delicious toppings.

To assemble just spread some mayo on your roll and layer all your ingredients however you like and dig in!