

**Lunch:****Portobello Mushroom Sandwich with Basil Aioli**

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 4 servings

**Ingredients:**

4 portobello mushrooms, wiped clean with a damp paper towel  
 3 tablespoons olive oil  
 3 tablespoons balsamic vinegar  
 1 tomato, cut crosswise into  $\frac{1}{2}$  inch slices  
 1 large white onion  
 1 cup of micro greens or sprouts  
 4 whole wheat hamburger buns, Kaiser rolls or ciabatta rolls  
 Salt and freshly ground black pepper, to taste

**Method of Preparation:**

1. Preheat the grill top to high.
2. For the portobello mushrooms: Cut the stems off and make tiny holes in the caps with a paring knife.
3. In a small bowl, combine 2 tablespoons of olive oil and balsamic vinegar and whisk to mix. Brush both sides of the Portobello mushrooms and tomatoes with the oil and vinegar mix and season with salt and pepper.
4. In a small pan, add 1 tablespoon olive oil and sauté onion until caramelized. Arrange the Portobello caps, top side down, grill until golden brown and soft, about 3 to 6 minutes.
5. Warm the buns/rolls on the grill top. Spread the inside of the rolls/buns with the basil aioli (see recipe below).
6. Add the grilled mushrooms, tomato slices, onion and micro greens or sprouts. Serve warm.

**Basil Aioli**

Yield: about 1 cup

**Ingredients:**

1/3 cup fresh basil, finely chopped  
 ¾ cup mayonnaise  
 1 tablespoon fresh lemon juice  
 1 teaspoon minced garlic  
 1 teaspoon lemon zest  
 ½ teaspoon kosher salt  
 ½ teaspoon black pepper, freshly ground

**Nutritional Analysis:**

Calories: 323  
 Carbohydrates: 44 g  
 Sodium: 793 mg  
 Protein: 9 g  
 Fat: 16 g  
 Fiber: 9 g

**Method of Preparation:**

1. In a medium bowl, mix all ingredients together. Season to taste with salt and pepper. Refrigerate for about 30 minutes to allow for flavors to develop. Keep up to 3 days.