

grilled portabella sandwiches

TOTAL TIME

30 minutes

MAKES 4

SERVINGS



APRON'S ADVICE

Ask your baker to slice your rolls.

SHOPPING LIST

Bakery

4 Kaiser rolls

Dairy

1/2 cup shredded Monterey jack

Deli

2 fresh mozzarella cheese balls in water

Dry Grocery

2 tbsp balsamic vinegar
butter-flavored vegetable cooking spray
2 tbsp pesto sauce

Produce

4 portabella mushroom caps
1 yellow bell pepper

Suggested Items

fruit juice
salad dressing
lettuce
tomato

COOKING SEQUENCE

- Place pesto and cheese in food processor.
- Wash vegetables, cut peppers and put together.
- Grill buns, then peppers, followed by mushrooms.
- Combine sandwiches and top with cheese.

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INGREDIENTS

2 tablespoons pesto sauce	1 yellow bell pepper
2 fresh mozzarella cheese balls in water	butter-flavored vegetable cooking spray
2 tablespoons balsamic vinegar	4 kaiser rolls
4 portabella mushroom caps	1/2 cup shredded Monterey jack cheese

STEPS

1. Preheat grill. 2. Place pesto and cheese in food processor and chop for 15 seconds. Scrape sides and break apart cheese, if necessary. Blend for additional 15 seconds. 3. Add vinegar and blend for 5 seconds. Scrape sides and blend for additional 5 seconds. 4. Wash peppers and mushrooms and pat dry. Remove mushroom stems, if present, and save for another use. Set aside. 5. Slice pepper in half; remove core and seeds. Slice into 1/4-inch strips. Place on flat surface such as cutting board. Place mushrooms next to peppers. Coat vegetables with cooking spray. 6. Slice rolls in half. Spray grill with cooking spray and place rolls flat on grill. Close lid and grill for 1 minute. 7. Remove rolls from grill. Place each roll open on serving plates. 8. Grill peppers for 2 minutes. 9. While peppers grill, divide pesto mixture between each roll, spreading evenly on both sides. Remove from grill and place on bottom halves of rolls. 10. Grill mushrooms for 4 minutes and place on top of peppers. 11. Sprinkle shredded cheese over each sandwich and serve. Submitted by: Bob Schoales, Suntree Square Publix, Melbourne, Fla.

Calories (kcal) 436; Total Fat (g) 15.3; Saturated Fat (g) 7.2; Cholesterol (mg) 33; Carbohydrate (g) 56.4; Dietary Fiber (g) 4.5; Protein (g) 19; Sodium (mg) 708; Potassium (mg) 143; Calcium (mg) 302; Iron (mg) 3.6 Vitamin A 9%; Vitamin C 143%; Calcium 30%; Iron 20%



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