

## 11/20/13 - Grilled Portobello Mushroom Sandwich

Sometimes I reach a point where I want to eat something light. No meat , no fish, no chicken, just something very tasty. I just want to throw it together from stuff in the refrigerator, complete using up fresh vegetables in a timely manner, and have it ready in 20 minutes! Sounds like a tall order, but it wasn't really with this sandwich.

This sandwich was not heavy and I had enough energy after eating to go out to a movie, I hate to miss the blockbusters on the big screen. They are not the same once they come to your home theater or humble television

Yield 4 small sandwiches enough for 2 people

olive oil

4 Portobello mushrooms, wiped clean, stems removed, with dark gills scraped out

Sea salt

Fresh ground black pepper

8 small slices olive bread (any sourdough or rustic bread will do)

4 slices Jalapeño Jack cheese

1 red bell pepper ,charred, peeled, and cut in four sections, seeds removed

1/ 2 avocado, peeled and sliced thinly

4 extra large eggs

Heat a stove top non stick pancake griddle (not a grill with grooves in it), the kind that covers two burners, on medium heat. Spread a tablespoon or so of olive oil on the griddle. Place mushrooms gill side down on griddle and season with sea salt and pepper. Place 4 small slices of bread on griddle and place a slice of cheese on each.

When mushrooms are cooked on one side, turn them over with tongs to grill second side and season again with salt and pepper. When mushroom are done place on top bread and cheese and begin to grill top slices of bread (four more slices).

Place one quarter of charred red bell pepper on top of grilled mushroom. Place thinly sliced avocado, divided among four sandwiches on top of pepper. Lastly crack eggs onto hot griddle, season with salt and pepper and cook them over easy.

Place fried egg with soft yolk on top of avocado and top with final slice of grilled bread. Serve immediately. You can attempt to pick sandwich up or use a knife and





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