

Portobello Mushroom and Arugula Sandwich

3 T. olive oil
4 portobello mushroom caps, sliced
fine sea salt and freshly ground pepper to taste
2 garlic cloves, minced
1 loaf Bella Bru Pugliese bread
2 c. arugula
4 T. Cypress Grove goat cheese

1. Heat 2 T. of the oil in a large skillet over high heat. Sauté the mushrooms briefly with salt and pepper until all liquid from mushrooms has evaporated. Add garlic and sauté one minute. Remove from heat and let mushrooms cool.

2. Cut bread in half horizontally and drizzle cut sides with olive oil. Spoon mushrooms over bottom. Spread goat cheese on other half. Top mushrooms with greens, and close sandwich. Wrap bread tightly in plastic wrap or foil. Refrigerate for at least one hour or up to one day. Cut bread crosswise into 2-inch wide pieces.

Nutrition (per serving for 4 servings): 396.1 calories; 15% calories from fat; 6.8g total fat; 6.5mg cholesterol; 896.2mg sodium; 960.1mg potassium; 68.2g carbohydrates; 6.2g fiber; 3.0g sugar; 17.0g protein.