Mushroom Napoleon

Recipe courtesy of the Mushroom Council and mushroominfo.com

Preparation Time: 5 minutes
Marinate Time: 30 minutes
Cooking Time: 5 minutes
Serves: 4

4 Portabella mushrooms, stems removed
1/4 cup light vinaigrette salad dressing
1 red onion, cut into 8 slices
4 tomatoes, cut into 4 slices each
8 fresh basil leaves
1 cup crumbled soft goat cheese
2 tablespoons fresh thyme, removed from stem and chopped
Salt and freshly ground black pepper

Place Portabellas, onions and vinaigrette in a large zip top bag. Let marinate for at least 30 minutes. Reserve marinade, if grilling.

If grilling: Pre-heat grill. Once hot, grill Portabella gill side down for about 5-7 minutes, turn over and cook for another 5-7 minutes or until juices begin to accumulate in the cap. Simultaneously, wrap the onions in foil and grill. Remove the onions when the Portabellas are done. Drain and reserve excess juices from the mushrooms and onions.

Plate the Portabella cap gill side up. Layer slices of onion, tomato and basil leafs on top of the Portabella cap. Sprinkle each stack with 1/4 of the goat cheese and fresh herbs, drizzle with reserved marinade and serve warm.

If microwaving: Place the mushrooms (gill side up) and the onions on a large, microwaveable plate. Cover and microwave for 3 minutes. Let rest 30 seconds, then carefully remove plate and uncover. Drain excess juices and reserve.

Plate the Portabella cap gill side up. Layer slices of onion, tomato and a basil leaf on the Portabella and microwave for 45 seconds. Sprinkle each stack with 1/4 of the goat cheese and fresh herbs, drizzle with reserved juices and serve warm.

Nutrition Facts

Serving Size (332g)
Servings Per Container

Amount Per Serving

Calories 210	Calories from Fat 90
	% Daily Value*
Total Fat 10g	**15%**
Saturated Fat 6g	**30%**
Trans Fat 0g	
Cholesterol 20mg	**7%**
Sodium 290mg	**12%**
Total Carbohydrate 19g	**6%**
Dietary Fiber 3g	**12%**
Sugars 9g	
Protein 11g	

Vitamin A 15% • Vitamin C 50%
Calcium 10% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Each serving provides: 210 calories, 10g fat (15% Daily Value), 6g saturated fat (30% Daily Value), 20mg cholesterol (7% Daily Value), 290mg sodium (12% Daily Value), 3g dietary fiber (12% Daily Value),11g protein (23% Daily Value), 50% Daily Value for vitamin C, 18% Daily Value for selenium, 15% Daily Value for vitamin A, 14% Daily Value for potassium, 10% Daily Value for iron, 10% Daily Value for calcium