Open-Faced Mushroom Crostini

Recipe courtesy of the Mushroom Council and mushroominfo.com

Preparation Time: 2 minutes
Cooking Time: 12 minutes
Serves: 1

2 tablespoons olive oil
4 ounces white button mushrooms, sliced
1/4 teaspoon salt
Pinch of ground white pepper
1 slice artisan whole grain bread (no more than 4 inches) or 1/2 slice high-fiber, whole grain bread
1 slice reduced-fat Jarlsberg or Swiss cheese

Heat olive oil in large non-stick skillet over medium-high heat. Add a single layer of mushrooms and cook, without stirring, for about 5 minutes or until mushrooms become red-brown on one side. Add salt and pepper, flip and cook about 5 minutes more, until other side is same color.

Remove mushrooms from pan and pour out any remaining liquid. Put bread in pan and warm both sides. While the bread is still in the pan, place cheese and then mushrooms on top, leave in skillet briefly to warm, then serve.

Nutrition Facts

Serving Size (193g)
Servings Per Container

Amount Per Serving

Calories 410	Calories from Fat 300
	% Daily Value*
Total Fat 35g	**54**%
Saturated Fat 8g	**40**%
Trans Fat 0g	
Cholesterol 15mg	**5**%
Sodium 830mg	**35**%
Total Carbohydrate 17g	**6**%
Dietary Fiber 2g	**8**%
Sugars 5g	
Protein 11g	

Vitamin A 6%	• Vitamin C 2%
Calcium 25%	• Iron 6%

*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: 410 calories, 35g fat (54% Daily Value), 8g saturated fat (40% Daily Value),15mg cholesterol (5% Daily Value), 825mg sodium (35% Daily Value), 2g dietary fiber (8% Daily Value), 11g protein (22% Daily Value), 26% Daily Value for selenium, 25% Daily Value for calcium, 15% Daily Value for potassium, 6% Daily Value for iron, 6% Daily Value for vitamin A, 5% Daily Value for vitamin D, 2% Daily Value for vitamin C