

Vegetarian Philadelphia "Cheesesteak"

olive oil

thinly sliced Portobello mushrooms (one per sandwich) 130 grams

thinly sliced onion & green bell pepper to taste (1/2 cup each)

low protein mozzarella cheese

low protein bread

175mg Phe per recipe plus bread & cheese Prep Time: 15 minutes

Cook the thinly sliced mushrooms in oil in a large frying pan or restaurant style grill, chopping it up with a short handled spatula. Add the onion and green pepper, and mound all the food into a shape slightly smaller than the roll (or bread) you're going to use. Put the cheese slices on top of that. Slice the roll, and place the roll over the whole thing. Using the spatula, remove it from the grill, fold into a sandwich, and wrap in foil-paper or serve on a plate.

Another way to serve these mushrooms is to remove the stems, brush them with a garlic-infused olive oil, and roast them in the oven. They'll taste and feel a lot like T-bone steaks that way. This sandwich recipe, though, is just as simple and is more filling.