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Mushroom Lovers CLUB

PORTABELLA MUSHROOM BLTS

The Girl on Bloor

These healthy Portabella Mushroom BLTs are such a delicious spin on your favourite sandwich, and they are easily packed as a work lunch or enjoyed as a tasty last minute dinner!

Prep Time: 10 mins | Total Time: 30 mins | Serves: 4

INGREDIENTS

- 2 tsp olive oil, divided
- 12 slices turkey bacon
- 2 portabella mushrooms, sliced
- 1 large field tomato, sliced
- 1 small red onion, thinly sliced
- 1 package arugula
- 4 whole wheat ciabatta buns
- Mayo



METHOD

1. Heat 2 tsp olive oil in a large frying pan over med-high heat. Add turkey bacon, cooking slices for 4-5 minutes per side. Remove from heat. Add 2 tsp olive oil and then add mushrooms, sauteeing until just cooked.

2. Meanwhile, toast buns. Add turkey bacon, slice of tomato, mushroom slices, red onion, arugula and mayo in between each bun. Serve and enjoy!

Blogger **RECIPE**

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