



Ring-My-Bella Mushroom Sandwich

PER SERVING (entire recipe): 263 calories, 10.25g fat, 786mg sodium, 32.5g carbs, 7.5g fiber, 7g sugars, 15.5g protein -- **PointsPlus®** value 7*

Prep: 10 minutes

Cook: 15 minutes

Ingredients:

- 1 large portabella mushroom, stem removed
- 1 thick slice red onion, all rings intact
- 1 tsp. extra-virgin olive oil
- 1/8 tsp. salt
- 2 dashes ground thyme
- 1 stick light string cheese
- 1 tbsp. fat-free mayonnaise
- Dash cayenne pepper
- One 100-calorie flat sandwich bun (like Arnold Select/Oroweat Sandwich Thins)
- 1 tsp. light whipped butter or light buttery spread (like Brummel & Brown), room temperature
- 2 dashes garlic powder
- 1 large slice tomato
- 1/2 cup shredded lettuce



Directions:

Coat mushroom and onion with oil and sprinkle with salt and thyme.

Bring a grill pan (or large skillet) sprayed with nonstick spray to medium-high heat on the stove. Place mushroom in the pan, rounded side down, along with the onion, side by side. Cook for 5 minutes without flipping.

Meanwhile, pull string cheese into pieces and set aside. Season mayo with cayenne pepper; mix well and set aside.

Flip mushroom and onion in the pan. Top mushroom evenly with cheese, and cook for another 5 minutes, or until cheese and veggies have softened. Remove from the pan and set aside.

Split apart the bun and spread the inside of each half with butter. Sprinkle with garlic powder. Place bun halves in the pan, still over medium-high heat, with the buttered sides down. (Or just toast bun halves in a toaster oven.) Once warm and toasty, after 1 - 2 minutes, remove and plate with the buttered sides up.

Spread the buttered side of the bun's top half with mayo, and set aside. Place mushroom on the bottom half of the bun; top with onion, tomato, and lettuce. Finish off your sandwich with the top half of the bun. Now CHEW!

MAKES 1 SERVING



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