



Portabella Omelet topped with Portabella "Bacon"

Recipe courtesy of the Mushroom Council and mushroominfo.com

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Serves: 2

Average cost per serving: \$3.89

- 1 medium Portabella mushroom
- 4 teaspoons olive oil, divided
- 4 large eggs
- 1/3 cup green onions, thinly sliced on the diagonal
- 2 teaspoons water
- 1/4 teaspoon kosher salt
- 1/8 teaspoon black pepper, freshly ground
- 1/2 cup (about 3/4 ounce) Swiss cheese, grated
- 4 slices Portabella mushroom "bacon"

Remove stem from mushroom. Cut mushroom in half and thinly slice. Heat a 10-inch non-stick sauté pan over high heat. Add 2 teaspoons oil and swirl to coat the bottom of the pan. Add the sliced mushrooms and sauté 5 minutes, just until gently browned.

Break the eggs into a mixing bowl and add the green onions, water, salt and pepper. Beat with a fork until combined.

Add remaining 2 teaspoons oil to pan and swirl to evenly distribute. Gently add the egg mixture to the pan and swirl to distribute evenly. Top with the grated cheese, cook 5 minutes until egg is cooked through. Fold one side of omelet over the other half.

Gently remove from pan and onto the serving plate. Top with the Portabella "bacon" and serve.

Portabella Mushroom "Bacon"

Preparation Time: 5 minutes

Cooking Time: 50 minutes

Serves: 2 (makes 1/2 cup)

- 2 Portabella mushrooms, sliced into 1/4 inch strips
- 1 tablespoon olive oil
- 1 teaspoon grill seasoning, mesquite

Heat oven to 325°. Brush sliced mushrooms with olive oil and spread in a single layer on a baking sheet. Sprinkle seasoning over the mushrooms and place in oven. Bake 50 minutes, or until crisp, turning each slice over every 10 minutes. Remove from oven and spread on cooling rack.

Each serving provides: 440 calories, 34g fat (52% Daily Value), 10g saturated fat (50% Daily Value), 450mg cholesterol (150% Daily Value), 580mg sodium (24% Daily Value), 2g dietary fiber (8% Daily Value), 23g protein, 20% Daily Value for vitamin A, 15% Daily Value for iron, 8% Daily Value for vitamin C, 30% Daily Value for calcium, 16% Daily Value for vitamin D, 23% Daily Value for potassium, 76% Daily Value for selenium



Nutrition Facts	
Serving Size (293g)	
Servings Per Container	
Amount Per Serving	
Calories 440	Calories from Fat 310
% Daily Value*	
Total Fat 34g	52%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 450mg	150%
Sodium 580mg	24%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 23g	
Vitamin A 20%	Vitamin C 8%
Calcium 30%	Iron 15%
*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 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	