

## Portobello Mushroom Variations

SOURCE: alt.support.diet.low-carb COOKBOOK

- Stuff with bacon and blue cheese
- Brush them in olive oil or another favorite, hit them with ground pepper, a bit of salt (and any other seasonings, like chipotle pepper) and grill them, keeping them moist with oil
- Marinated in extra virgin olive oil and balsamic vinegar
- Turn the portabella grill side down on non stick backing sheet - stick them in 350° F oven till they lose moisture and become almost crunchy - turn over and cool for a few minutes – add a little low carb spaghetti sauce + grated cheese + whatever pizza toppings you can fit on them
- Grilled, with a bit of Brie melted on top
- Put on cookie sheet, cover with cheese and broil
- Slice into nice chunks, sauté in butter, garlic + fresh ground pepper - deglaze pan with white wine - let cook till sauce thickens a bit - pour into bowl and top with parmesan cheese  
Eat with a HUGE steak, a salad and a glass of wine