

Cheese “Steak” Tonight!

A classic beefy sandwich goes vegetarian

BY KATIE WEBSTER

MY FIRST SOLID FOOD—and my mother swears this is true—was a big bite of Philly Cheese Steak. I can’t say I remember it, but I *do* remember, growing up as I did just north of the city, many other times that I indulged in this hometown favorite. I still crave it, but nowadays I opt for a version made with strips of meaty portobello mushrooms and reduced-fat provolone on a whole-grain bun. It’s an incredibly satisfying, unctuous combination and gives me a blast of great food memories without the grease, processed cheese food or puffy white bread.

Portobello “Philly Cheese Steak” Sandwich

High  Fiber

ACTIVE TIME: 25 MINUTES | **TOTAL:** 25 MINUTES

 Cheese steaks are a Philadelphia tradition: thin slices from a rich and very fatty slab of beef, fried up and topped with a heavy cheese sauce. We’ve cut down on the fat considerably—but not on the taste. All it needs is a cold beer or a glass of pinot noir on the side.

- 2 teaspoons extra-virgin olive oil
- 1 medium onion, sliced
- 4 large portobello mushrooms, stems and gills removed (see Tip), sliced
- 1 large red bell pepper, thinly sliced
- 2 tablespoons minced fresh oregano or 2 teaspoons dried
- 1/2 teaspoon freshly ground pepper
- 1 tablespoon all-purpose flour
- 1/4 cup vegetable broth or reduced-sodium chicken broth
- 1 tablespoon reduced-sodium soy sauce
- 3 ounces thinly sliced reduced-fat provolone cheese
- 4 whole-wheat buns, split and toasted



1. Heat oil in a large nonstick skillet over medium-high heat. Add onion and cook, stirring often, until soft and beginning to brown, 2 to 3 minutes. Add mushrooms, bell pepper, oregano and pepper and cook, stirring often, until the vegetables are wilted and soft, about 7 minutes.
2. Reduce heat to low; sprinkle the vegetables with flour and stir to coat. Stir in broth and soy sauce; bring to a simmer. Remove from the heat, lay cheese slices on top of the vegetables, cover and let stand until melted, 1 to 2 minutes.
3. Divide the mixture into 4 portions with a spatula, leaving the melted cheese layer on top. Scoop a portion onto each toasted bun and serve immediately.

MAKES 4 SANDWICHES.

PER SERVING: 268 CALORIES; 10 G FAT (4 G SAT, 4 G MONO); 15 MG CHOLESTEROL; 35 G CARBOHYDRATE; 13 G PROTEIN; 7 G FIBER; 561 MG SODIUM.

NUTRITION BONUS: Vitamin C (140% DAILY VALUE), Selenium (49% DV), Vitamin A (30% DV), Calcium (25% DV), Potassium (20% DV), Magnesium (16% DV).

cooking tip:

The dark gills found on the underside of a portobello are edible, but if you like you can scrape them off with a spoon.