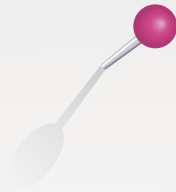


Adios™

A natural aid for slimming



GRILLED PORTOBELLO SANDWICH

Serves: 4

Calories per sandwich: 250

Ingredients

1 ½ tablespoons olive oil
2 cloves garlic, finely chopped
1 ½ teaspoons chopped fresh basil
salt to taste
freshly ground black pepper
4 portobello (large, flat) mushrooms
130g cream cheese, low fat whipped or goat cheese
4 pieces of foccacia or other quality bread, sliced in half lengthwise
handful spinach, washed and dried
4 slices of tomato



Instructions

- 1 Preheat the grill.
- 2 Mix the olive oil, garlic, salt pepper and half a teaspoon of the basil together. Remove the stems from the mushrooms and brush both sides of the caps with the olive oil mixture.
- 3 Grill the mushrooms until they are soft in the centre, about 3 to 4 minutes on each side. Slice each cap on the diagonal into 1" strips.
- 4 Mix the cheese, the rest of the basil, salt and pepper together.
- 5 Spread 4 halves of bread with the cheese mixture, then top with the spinach, a slice of tomato and the sliced mushroom. Place the other half of the bread on top.

If you like the look of one of the recipes for another body shape, don't worry, it's still healthy and low fat, so try it! These recipes aren't exclusive to each body shape, they're just suggestions!

notes: