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## Mushroom and Spinach Sandwich

Makes 1 sandwich

- 1 cup sliced mushrooms (button, crimini, chanterelle or other firm fleshed mushroom)
- 2 Tbsp butter or vegetable oil
- 2 cups loosely packed spinach or other tender greens
- 1 multigrain bagel sliced in half and toasted (or 2 slices whole grain bread)
- 2 Tbsp mayonnaise
- 1 tsp ketchup (optional but really good!)
- Salt and pepper to taste

Melt 1 Tbsp butter in a hot frying pan and add mushrooms in a thin layer to cover the bottom of the pan. Lightly sprinkle with salt and pepper if desired. Leave mushrooms undisturbed until they start to brown (3-4 mins). Once they have begun to brown use a spatula to flip them over and leave undisturbed again until they begin to brown. Once browning begins toss mushrooms around in the pan until most mushrooms are browned then remove from the pan and set aside. While mushrooms are browning toast the bagel or bread and set aside to cool.

After removing mushrooms from the pan melt the other 1 Tbsp of butter and scrape up any bits of mushrooms on the bottom of the pan. Add spinach (or greens) and toss lightly until they begin to wilt. Don't overcook the greens. Turn off the heat and remove the pan from the burner.

Spread mayonnaise and ketchup on both sides of the bagel. Lay the mushrooms evenly on the bread and then spread the spinach evenly across the mushrooms. Add additional salt and pepper if desired and top with the other half of the bagel. Voila! A great healthy, tasty and substantial sandwich!