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Portobello Paillards With Spinach, White Beans, and Caramelized Onions

Prep Time: 15 mins

Cook Time: 45 mins

Total Time: 1 h

Ingredients

- 4 tablespoon oil, olive, extra virgin, divided
- 1 large onion(s), red, halved and thinly sliced
- 1/2 teaspoon pepper, black ground, divided
- 1/4 teaspoon salt, divided
- 1/3 cup(s) milk, lowfat (1%)
- 1/2 cup(s) bread crumbs, unseasoned, dry
- 4 medium mushrooms, portobello, caps, 3-4-inches in diameter
- 3 clove(s) garlic, minced
- 1 pounds spinach, tough stems removed
- 15 ounce(s) beans, white, rinsed
- 3/4 cup(s) broth, vegetable
- 1/2 cup(s) cheese, grated Parmesan, or grated Manchego or Gruyere

Preparation

- 1) Heat 1 tablespoon oil in a medium nonstick skillet over medium heat. Add onion and cook, stirring occasionally, until brown, 8 to 10 minutes. Reduce heat to very low, season with 1/4 teaspoon pepper and 1/8 teaspoon salt. Continue cooking, stirring occasionally, until caramelized, about 15 minutes. Transfer to a bowl and keep warm.
- 2) Meanwhile, place milk in a small bowl and place breadcrumbs on a large plate. Dip each mushroom cap in milk, then dredge in the breadcrumbs.
- 3) Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add mushrooms, gill-side down. Place a heavy, heatproof plate or pie pan on top of the mushrooms and cook until golden brown, pressing down on the plate periodically to flatten them, about 6 minutes.
- 4) Carefully remove the plate using an oven mitt or tongs, add 1 tablespoon oil to the pan and turn the mushrooms over. Replace the plate and cook, pressing the plate once or twice, until the mushrooms are golden brown and cooked through, 5 to 6 minutes more. Remove from heat; cover to keep warm.
- 5) Heat the remaining 1 tablespoon oil in a Dutch oven over medium-high heat. Add garlic and cook until fragrant, 20 to 30 seconds. Add spinach and cook, stirring, until just wilted, about 2 minutes. Stir in beans, broth and the remaining 1/4 teaspoon pepper and 1/8 teaspoon salt.
- 6) Cook, stirring occasionally, until heated through, 1 to 2 minutes.
- 7) Cut each mushroom into thin slices and serve over the spinach. Top with the reserved onions and cheese.

A traditional paillard is a piece of meat that's pounded thin and cooked quickly. You won't miss the meat in this delicious vegetarian variation.