



Uploaded to VFC Website

▶▶▶▶ January 2013 ◀◀◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://www.veteransforchange.org)

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation
Tax ID #27-3820181*

If Veteran's don't help Veteran's, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



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.