

# Sandwich for today...

I thought I could just add a comment about my sandwiches this week, but why waste a good blog post. ☐

I'm in the mood for something different today, so today's sandwich has no meat. I picked up some Portabella Mushrooms (the big ones), a sweet onion, tomatoes, and Munster cheese. For bread I picked up some hard rolls.

To start I sautéed the onion. I then put these off to the side while cooking the mushrooms. The mushroom was brushed on both sides with olive oil. I started cooking with the gill side down for a couple of minutes. I'm just heating through on this side. I then flip the mushroom, fill with onions and top with a slice of munster cheese. At this point I brush the roll with olive oil and brown the insides. When done, slid the mushroom between the two slices of the roll. Salt and or pepper can be added to the gill side of the mushroom before adding the onions.

A slice of tomato made a nice addition to the sandwich.

This goes very nicely with a spinach salad.

That started with some baby spinach, shredded carrots, diced onion, slivered almonds, thin sliced radishes and mandarin orange segments. I'm cooking for one today, so I don't have measurements for this. I just made enough for me. A ginger dressing completed the salad.

So what's for dinner?