

California Melts

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Servings: 4

8 ounces button mushrooms, sliced
1/4 cup mayonnaise
1 tablespoon fresh basil, chopped
1/8 teaspoon salt
1 tomato, sliced
1 avocado, sliced
4 slices whole-grain bread, lightly toasted
4 slices Swiss cheese
1/3 cup sliced almonds, toasted

Preparation Time: 15 minutes

Preheat the oven broiler.

Add the mushrooms to a large dry skillet over medium heat. Cook, stirring, until all liquid is evaporated and the mushrooms are golden brown, about 5 minutes.

In a small bowl, stir together the mayonnaise and basil. Sprinkle salt over the tomato and avocado slices.

Arrange the toasted bread on a baking sheet. Spread each slice with basil mayonnaise. Divide the tomato, mushrooms, avocado and Swiss cheese among the bread slices.

Broil the bread slices six to eight inches from the heat source until the cheese melts and begins to bubble, about 2 minutes.

Sprinkle with toasted almonds.

Per Serving (excluding unknown items): 799 Calories; 59g Fat (64.0% calories from fat); 41g Protein; 33g Carbohydrate; 6g Dietary Fiber; 109mg Cholesterol; 670mg Sodium. Exchanges: 1 1/2 Grain(Starch); 4 Lean Meat; 1 Vegetable; 0 Fruit; 7 1/2 Fat.