

Spinach, Onion and Mushroom Sandwich

2	tablespoons	Extra virgin olive oil
½	cup	Chopped red onion
5	oz	Defrosted chopped spinach or about 3 cups fresh, baby spinach
¼	cup	Sliced mushrooms
2	slices	Whole grain bread or one whole grain roll. Be sure to check the calories for the bread or roll. Up to 120 calories per slice of bread or 2 oz of a roll is fine. If the roll weighs more, you would add 100 calories per oz of roll.

1. Heat olive oil on medium. Add the chopped onions. Cook for about 10 minutes, until onions are soft and golden.
2. Add the mushrooms. Cook for about 5 to 10 minutes, until mushrooms have lost their water.
3. Add spinach, cook another 5 minutes until wilted. Spoon filling into bread and serve warm or at room temperature.

Calories	470
Vegetables	3.5: 2 spinach, 1 onion, ½ = mushrooms
Starch	2: 2 slices whole wheat bread

You can make variations on this by using other vegetables. You can also add shredded cheese or grated parmesan (about 25 calories per tablespoon).