



Ring-My-Bella Mushroom Sandwich



Entire recipe: 312 calories, 14g total fat (3g sat fat), 805mg sodium, 38.5g carbs, 9.5g fiber, 6g sugars, 15.5g protein

Blue Plan (Freestyle™) SmartPoints® value 7*

Prep: 10 minutes **Cook:** 15 minutes



Tagged: [Lunch & Dinner Recipes](#), [Vegetarian Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

Ingredients

- 1 large portabella mushroom cap (stem removed)
- 1 thick slice red onion (rings intact)
- 1 tsp. olive oil
- 1/8 tsp. salt
- 2 dashes ground thyme
- 1 stick light string cheese
- 1 light English muffin
- 1 tsp. light whipped butter or light buttery spread, room temperature
- 2 dashes garlic powder
- 1 tbsp. light mayonnaise
- Dash cayenne pepper
- 1/2 cup shredded lettuce
- 1 large slice tomato

Directions

Coat mushroom and onion with oil, and sprinkle with salt and thyme. Bring a grill pan (or large skillet) sprayed with nonstick spray to medium-high heat. Add onion and mushroom, side by side, with the mushroom's rounded side down. Cook for 5 minutes.

Flip mushroom and onion. Pull string cheese into pieces, and place over the mushroom. Cook for 5 more minutes, or until veggies are soft.

Plate mushroom and onion. Split English muffin in half, spread with butter, and sprinkle with garlic powder. Place muffin halves in the pan, still over medium-high heat, buttered sides down. Cook until warm and toasty, 1 - 2 minutes.

Spread the bottom muffin half with mayo, and sprinkle with cayenne. Top with lettuce, onion, tomato, mushroom, and the top half of the English muffin.

MAKES 1 SERVING

HG FYI: A previous version of this recipe may have called for slightly different ingredients, but we've given it an upgrade! Nutritional info may vary accordingly.

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.