

Portobello Mushroom and Spinach Tartines with Roasted Garlic Spread



You can now find roasted garlic cloves in jars at supermarkets, but it's very easy to make your own. Simply trim the tops of whole garlic bulbs to expose the cloves, set on a piece of foil, and drizzle with olive oil. Wrap tightly in foil, and bake 30 to 35 minutes at 400°F, or until garlic bulbs are soft. Cool, and store in the fridge up to 5 days. To use, squeeze roasted garlic from cloves.

- * 6 oz. soft tofu, drained
- * 6 cloves roasted garlic
- * 1 1/2 tsp. olive oil
- * 1 large portobello mushroom, sliced
- * 1 large shallot, sliced (1/4 cup)
- * 1/2 bag (3 oz.) baby spinach
- * 3 Tbs. grated Parmesan cheese, divided
- * 1 6-inch whole-wheat baguette, sliced lengthwise and toasted

Directions

1. Place tofu and garlic in blender or food processor, season with salt and pepper, and blend until smooth.
2. Heat oil in skillet over medium heat. Sauté mushroom and shallot 3 to 5 minutes, or until softened. Stir in spinach, and sauté 2 minutes, or until wilted. Add 1 Tbs. Parmesan cheese to pan, and remove from heat.
3. Spread a little less than 1 Tbs. tofu-garlic mixture on each baguette half. Top with mushroom-spinach mixture, and sprinkle with remaining Parmesan cheese. Toast under broiler 1 to 2 minutes, or until cheese begins to brown.

Nutritional Information

Serves 2

Amount Per SERVING:

| | |
|-------------|-------|
| Calories | 275 |
| Protein | 14g |
| Total fat | 9g |
| Carbs | 40g |
| Cholesterol | 7mg |
| Sodium | 473mg |
| Fiber | 12g |
| Sugars | 5g |

