



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

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



More: [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.

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.

