

Portobello Cordon Bleu with Dijon Cream Sauce



Ingredients:

6 large Portobello mushrooms
8 oz. sliced ham
6 slices Swiss cheese-6 oz.
¼ cup parmesan cheese-grated
1 cup heavy cream
½ cup chicken stock
2 tbs. Dijon mustard
2 tbs. garlic-minced
2 tbs. panko
2 tbs. fresh parsley-chopped
2 tbs. butter
Olive oil
Salt and pepper

Makes 6 servings
5 net carbs per serving

Directions:

1. Preheat oven to 400
2. Remove the stems from the mushroom caps and slice a thin layer off of the top of the mushroom cap to allow it to sit flat. (keep these pieces).
3. Brush the mushrooms with olive oil and sprinkle with a little salt and pepper. Bake for 12 minutes.
4. Chop the mushroom stem and cap pieces that were trimmed in the first step. Saute over medium heat in butter and garlic for five minutes.
5. Add parsley, chicken stock, and heavy cream. Allow to come to a boil over medium heat and then reduce heat to low. Add parmesan and Dijon to sauce. Simmer on low, stirring occasionally, and allow sauce to thicken.
6. Pull mushrooms from oven. Fill caps with sauce, layer on cheese, ham, cheese, ham. Top with another dollop of sauce and a thin layer of panko on top of the sauce.
7. Bake for 7 minutes more on 400. Then broil for 2-3 minutes to allow panko to crisp.