

# Tasty Toasted Portobello Reuben Sammies + Quick-Pickled Cabbage + Whipped 1,000 Isle Dip + Very Vanilla Shakes



tasty toasted portobello reuben sammies  
and quick-pickled cabbage

shred + measure + boil

Using a box grater or a food processor, shred **½ a head of green, white, or red cabbage**. Or use pre-shredded cabbage (you'll want about 2 1/2 to 3 C total). Measure and add **1 ½ C water, 1 C vinegar, 1 ½ tsp salt**, and **1 T sugar** to a skillet and bring to a boil. Then add shredded cabbage, stir to submerge, and turn off heat. Let cabbage sit in this brine while you make the rest of the recipes.

rinse + twist + scrape + slice

Rinse loose dirt from **3 large portobello mushrooms**. Twist off their stems and discard. Scrape the gills from underneath each mushroom cap and discard. Then slice mushroom caps into ½-inch slices. Add mushroom slices to a mixing bowl.

drizzle + mix + sauté

Drizzle mushroom caps with **¼ C olive oil** and sprinkle with **salt** and **black pepper**. Stir to mix, then sauté over low heat until mushrooms are tender and brown in spots. Transfer sautéed mushrooms to a bowl.

::Recipe continued::

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## drizzle + toast + melt

Drizzle skillet with more **olive oil**, then add **sliced rye bread** (you could also use a toaster oven!). Layer on sautéed mushrooms and **sliced Swiss cheese**. Cover skillet and toast until cheese has melted and bread is golden brown. Then top each toast slice with Quick-Pickled Cabbage and let warm through. Finish by spreading **1,000 Isle Dressing** (recipe below) on each sandwich. Eat Sammies open-faced or closed!

### 1,000 isle dressing

## shred + measure + add + whip

Shred **1 cucumber** and add half to a blender for the Very Vanilla Shakes. Add the other half to a mixing bowl. Measure and add **¼ C ketchup**, **¼ C mayonnaise**, **¼ tsp onion/garlic powder**, **1 tsp soy sauce**, **a pinch of salt**, **2 tsp Quick-Pickled Cabbage brine**, **juice from ½ an orange**, and **½ shredded cucumber** to the bowl. Whip until combined, then top Portobello Reuben Sammies with Dressing and ENJOY!

*To make an egg-free version, substitute sour cream or coconut cream for mayonnaise.*

### very vanilla shakes

## squeeze + add + blend

Squeeze juice from **½ an orange** into a blender. Add **½ grated cucumber** to the blender, along with **1 ½ C full-fat vanilla yogurt**, **1 C ice**, **½ C water**, **1 tsp vanilla extract**, **sugar to taste**. Puree until shakes are thick and smooth, adding more water if needed to thin them out, then divide into cups and enjoy!

*To make a dairy-free version, substitute 1 can coconut milk for the yogurt.*

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# shopping list!

## Tasty Toasted Portobello Reuben Sammies

- 1 loaf rye bread (you'll need 2 slices for each person!)
- 3 large portobello mushrooms
- ¼ C olive oil + more
- Salt and black pepper
- 1 slice Swiss cheese for each sammie

## Quick-Pickled Cabbage

- ½ head white/green/red cabbage
- 1 C vinegar
- 1 ½ tsp salt
- 1 T sugar

## Whipped 1,000 Isle Dip

- ¼ C ketchup
- ¼ C mayonnaise
- ¼ tsp garlic/onion powder
- 1 tsp soy sauce + pinch salt
- ½ cucumber
- ½ orange (juice of)

## Very Vanilla Shakes

- 1 ½ C full-fat vanilla yogurt
- ½ orange (juice of)
- ½ cucumber
- 1 C ice
- 1 tsp vanilla extract
- Sugar to taste

::continued::



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## Let's learn about Mushrooms!

**Portobello mushrooms are native to Italy and have been grown since ancient times.**

**Portobello mushrooms are the largest mushrooms you'll find in most grocery stores.** Creminis are the less mature version of portobellos, which are harvested once they are fully grown!

**The word "portobello" literally means "beautiful door" in Italian.**

**The pretty, pleasant name was given to overgrown mushrooms** in an attempt to sell more of them in the 1980s! Cremini mushrooms, the smaller versions, are Italian in origin, while "portobellos" were named and marketed in the U.S.

**Mushrooms are a kind of fungus that look like umbrellas!** They grow in places like yards, forests, fields, and gardens.

**Many fungi eat by breaking down dead plants.** Other fungi feast on dead animals, bird droppings, manure, wallpaper paste, fruit, and living animals.

**Some mushrooms are good to eat, like portobellos, while others are very poisonous.** Never eat a mushroom you find growing outside!

**The Honey Mushroom in the Blue Mountains of Oregon is the world's largest living thing.** It is actually a mushroom colony and is believed to be at least 2,000 years old! It covers almost four square miles!

**Even though mushrooms don't use sun for energy, they use the sun to produce Vitamin D,** just like humans do!

## A Brief History of The Reuben Sandwich!

**There are many stories of origin to the Reuben!** Many people have claimed to be the inventors of this legendary sandwich, including a man named Reuben who owned a restaurant and created the sandwich one night for Charlie Chaplin's (hungry!) leading lady.

**Another story says the sandwich was invented by a man named Bernard Schimmel for his friend Reuben Kulakosky.** Reuben was man of Jewish-Lithuanian origin, and both Reuben and Bernard were part of a weekly poker group at a hotel in Omaha, Nebraska called The Blackstone. The hotel eventually put the sandwich on their lunch menu, it started to gain fame. **If your best friend named a sandwich after you, what would it have on it?**

### Time for a laugh!

Why did the Fungi leave the party? **There wasn't mushroom to dance!**

Why did the Mushroom get invited to all the parties? **'Cuz he's a fungi!**

Did you hear the joke about the fungus? **I could tell it to you, but it might need time to grow on you.**

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