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

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::
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.
## Shopping List!

<table>
<thead>
<tr>
<th>Tasty Toasted Portobello Reuben Sammies</th>
<th>Quick-Pickled Cabbage</th>
</tr>
</thead>
<tbody>
<tr>
<td>- 1 loaf rye bread (you’ll need 2 slices for each person!)</td>
<td>- ½ head white/green/red cabbage</td>
</tr>
<tr>
<td>- Salt and black pepper</td>
<td>- 1 ½ tsp salt</td>
</tr>
<tr>
<td>- 3 large portobello mushrooms</td>
<td>- 1 C vinegar</td>
</tr>
<tr>
<td>- ¼ C olive oil + more</td>
<td>- 1 T sugar</td>
</tr>
</tbody>
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<tr>
<th>Whipped 1,000 Isle Dip</th>
<th>Very Vanilla Shakes</th>
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<tbody>
<tr>
<td>- ¼ C ketchup</td>
<td>- 1 ½ C full-fat vanilla yogurt</td>
</tr>
<tr>
<td>- ¼ C mayonnaise</td>
<td>- ½ orange (juice of)</td>
</tr>
<tr>
<td>- ½ tsp garlic/onion powder</td>
<td>- ½ cucumber</td>
</tr>
<tr>
<td>- 1 tsp soy sauce + pinch salt</td>
<td>- 1 C ice</td>
</tr>
<tr>
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<td>- 1 tsp vanilla extract</td>
</tr>
<tr>
<td>- ½ orange (juice of)</td>
<td>- Sugar to taste</td>
</tr>
</tbody>
</table>

:::continued:::
fun food facts:

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 portobello, 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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