



Philly Roast Beef Melt

INGREDIENTS:

4 each	Whole Wheat bread
2 each	White onions, julienned
2 cups	Button or crimini mushrooms, quartered
½ tsp.	Black pepper
½ cup	Fat-free cream cheese (2 Tbsp per piece of bread)
12 each	Roast beef (3 slices per slice of bread)
4 slices	Swiss cheese

PREPARATION:

- Preheat oven to 350°F.
- Heat a large non-stick sauté pan over medium high heat. Spray with cooking spray and sauté onions and mushrooms. Add pepper.
- Spread 2 Tbsp of cream cheese onto each slice of bread.
- Arrange three slices of roast beef over bread, then top with 1 ½ cups of onions and mushrooms.
- Then top off with slice of swiss cheese.
- Bake for 10 to 15 minutes or until cheese is browned and bubbly.

Number of Servings: 4

Serving Size: 1 slice

Calories: 199

Fat: 2.2

