

# Super Subs

Swick

Serves 1 | Active Time: 20 minutes | Total Time:

## Step 1: Make the Subs

- 2 1/4 portobello mushrooms stemmed, gills scraped out & sliced (≈9 oz)
  - 1 1/2 red or green bell peppers cut into strips (≈12 oz)
  - 3/4 yellow onion thinly sliced (≈3/4 cup)
  - 1 tablespoon salt-free steak seasoning
  - 1 1/2 whole-grain baguettes sliced lengthwise (≈12 oz)
  - 1/2 cup hummus
  - 1 1/2 oz baby spinach (≈2 cups)
  - 1 tablespoon yellow mustard
  - 2 dashes dried oregano
  - 1/3 teaspoon red wine vinegar plus more to taste
  - 1 1/2 tablespoons Kalamata olives chopped
  - FOR SERVING
  - 3 apples cored & cut into wedges
- SAUTÉ VEGETABLES**  
In a large skillet over medium heat, cook portobellos, bell peppers, onions, and steak seasoning, stirring occasionally, until tender, 5 to 7 minutes. Add water 1 to 2 tablespoons at a time as needed, to keep vegetables from sticking.
- ASSEMBLE & SERVE**  
Spread hummus on bottom half of baguette. Top with spinach and sautéed vegetables. Spread mustard on top half of the baguette. Sprinkle sandwich with oregano, red wine vinegar, and olives. Add top half of sandwich, then cut whole baguettes in half. Serve with apple wedges.