



Swimsuit-Ready in 20 Days: Lunch Recipes

Portobello and Turkey Stacks

4 ounces skinless, boneless turkey breast
4 portobello mushrooms, stems removed
1 tomato, thinly sliced
1 ounce fat-free mozzarella cheese, thinly sliced
10 whole grain or multigrain crackers
salt and cracked black pepper to taste
olive oil cooking spray
1 teaspoon dried basil

Preheat the broiler to medium. Season the turkey breast with salt and pepper. Coat a nonstick skillet with cooking spray and heat the skillet. Add the turkey breast and cook until fully cooked, turning once. Slice thinly and set aside.

Lightly coat the mushroom caps with cooking spray and sprinkle with salt and pepper. Coat a nonstick skillet with cooking spray and heat the skillet. Add the mushrooms and cook until tender, turning once. Set aside.

To assemble: Place the mushrooms on a sheet pan and top with the turkey. Place the tomato on top of the turkey and season with salt and pepper. Top with mozzarella. Broil until the cheese is melted.

To serve: With a spatula, carefully slide the turkey stacks onto serving plates. Sprinkle with dried basil. Serve with crackers.

Servings: 2