

SIDE DISH

Zucchini and Portobello Stacks

4 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
31 min	10 min	21 min	4	\$2.38	302 kcal



If you want to add more lacto ovo vegetarian recipes to your collection, Zucchini and Portobello Stacks might be a recipe you should try. For \$2.38 per serving, this recipe covers 16% of your daily requirements of vitamins and minerals. This side dish has 302 calories, 13g of protein, and 13g of fat...

Ingredients

- ☐ ¼ teaspoon freshly ground black pepper
- ☐ 8 ounce French baguette
- ☐ 1½ tablespoons olive oil, divided
- ☐ 2 tablespoons red wine vinegar
- ☐ 2 tablespoons chopped shallots (about 1 large)
- ☐ 2 small zucchini, thinly sliced lengthwise
- ☐ 1 teaspoon dried thyme
- ☐ 4 ounces 1/2 cup herbed goat cheese
- ☐ 6 ounce package presliced Portobello mushrooms
- ☐ ¼ teaspoon salt
- ☐ 1 large tomato, thinly sliced

Method

- 1 Combine first 4 ingredients; stir well with a whisk.
- 2 Heat 1 1/2 teaspoons oil in a large nonstick skillet over medium-high heat.
- 3 Place mushrooms in a single layer in pan; saut 3 to 4 minutes on each side or until liquid is almost absorbed.
- 4 Remove from pan and place in a large bowl. Cover and keep warm.
- 5 Add 1 teaspoon oil to pan and place over medium heat.
- 6 Cut zucchini slices in half crosswise.
- 7 Place half of zucchini slices in pan; saut 7 to 9 minutes or until zucchini is lightly browned. Repeat with remaining zucchini and 1 teaspoon oil.
- 8 Remove from heat and place in bowl with mushrooms.
- 9 Drizzle with red wine vinegar mixture and remaining 1 teaspoon oil; toss gently.
- 10 Preheat broiler.
- 11 Cut baguette crosswise into 4 pieces; cut each piece in half lengthwise.
- 12 Place slices on a baking sheet, cut sides up, and broil 1 minute or until toasted.
- 13 Combine goat cheese and thyme; spread evenly over toasted baguette slices.
- 14 Layer 4 toast slices evenly with 1/4 of mushroom mixture and tomato slices. Top with remaining baguette slices.

Nutrition per serving

302	13 g	13 g	34 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			5.3 g · 33% of daily needs
Fibre			3.2 g · 13% of daily needs
Sugar			7 g · 8% of daily needs
Sodium			612 mg · 27% of daily needs
Cholesterol			13 mg · 4% of daily needs
Vitamin C			17.4 mg · 21% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/zucchini-and-portobello-stacks-147804