

Stuffed Portabella Mushrooms

Serving Size: 2 pieces

Serves: 12

Ingredients

1 tablespoon extra virgin olive oil

6 portabella mushroom caps

Dash of salt and pepper

1 tablespoon extra virgin olive oil

½ onion, diced

1 clove garlic, minced

2 small tomatoes, finely chopped

2 tablespoons fresh basil, diced

½ cup grated mozzarella cheese

Directions

Preheat the oven to 325 degrees.

Drizzle olive oil on the mushrooms. Season with the salt and pepper. Bake for 5 minutes.

In a mixing bowl, blend the remaining ingredients. Top the mushroom caps with the mixture. Finish in the oven just long enough to melt the cheese.

Cut the mushrooms into quarters and serve as a hot appetizer.

Exchanges per serving:

1 Vegetable, 1 Fat

Nutrients per serving:

Calories: 49

Calories from fat: 29

Total Fat: 3g

Saturated Fat: 1g

Cholesterol: 3mg

Sodium: 36mg

Carbohydrate: 3g

Dietary Fiber: 1g

Protein: 2g