



## VEGETABLE STUFFED PORTOBELLOS

Advanced Lifestyle

### Ingredients

1 can (15 ounces) white kidney or cannellini beans, rinsed and drained  
2 TBS olive oil, divided  
1 TBS water  
1 TSP dried rosemary, crushed  
1 garlic clove, peeled and halved  
1/4 TSP salt  
1/4 TSP pepper  
4 large Portobello mushrooms (4 to 4-1/2 inches), stems removed  
1 medium sweet red pepper, finely chopped  
1 medium red onion, finely chopped  
1 medium zucchini, finely chopped  
1/2 cup shredded pepper Jack cheese

### Instructions

1. In a food processor, combine the beans, 1 TBS oil, water, rosemary, garlic, salt and pepper. Cover and process until pureed; set aside.
2. Place mushrooms on a broiler pan coated with cooking spray. Broil 4 inches from the heat for 6-8 minutes on each side or until mushrooms are tender.
3. Meanwhile, in a small nonstick skillet coated with cooking spray, saute the red pepper, red onion and zucchini in remaining oil until tender.
4. Spread about 1/3 cup reserved bean mixture over each mushroom; top with 1/2 cup vegetable mixture. Sprinkle with cheese. Broil 2-3 minutes longer or until cheese is melted.

**Portion-Per-Serving Information** (Yields 4 servings) - Serving = 1 stuffed mushroom\* = 1/2 P, 1-1/2 V

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\*One stuffed mushroom = 252 calories. If you're a vegan, count one serving as 1 Protein.