

WEIGHT ★ NO ★ MORESM DIET CENTER



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PORTOBELLO MUSHROOM CAPS

Stabilization (Week 3) & Maintenance

Ingredients

8 small Portobello mushroom caps
2 plum tomatoes, chopped
6 canned or frozen artichoke bottoms, packed in water
2-1/2 TBS lite mayonnaise
2 TBS fresh parsley, chopped
2 scallions, thinly sliced
1/8 cup toasted ground almonds
salt and pepper to taste
non-stick cooking spray
olive oil
lemon

Instructions

1. Heat the oven to 350°.
2. Clean mushrooms. Remove caps from stems and set aside.
3. Chop stems and add to chopped tomatoes. Dice artichoke bottoms and add to the mushroom mixture.
4. Add mayonnaise and parsley and mix well. Add scallions and ground almonds. Taste and then season with salt and pepper.
5. Cover each mushroom cap with a quarter of the mixture and then drizzle with a few drops of olive oil.
6. Line cookie sheet with baking paper and spray with non-stick cooking spray. Place the mushroom caps on cookie sheet and bake for about 45 minutes.
7. Serve with a wedge of lemon.

Portion-Per-Serving Information: (Yields 8 servings) Serving = 1 stuffed mushroom = 2 V