



VEGETABLE-STUFFED PORTOBELLOS

Advanced Lifestyle

INGREDIENTS

4 portobello mushrooms	1/4 cup breadcrumbs
2 TBS olive oil, divided	2 cups spinach
1 cup onion, diced	1/4 Tsp garlic powder
1 cup zucchini, diced	1/4 cup Parmesan cheese, grated
1 cup broccoli, chopped	1/4 cup part skim mozzarella cheese, shredded
1 red bell pepper, chopped	

INSTRUCTIONS

- Preheat oven to 400°F. Line a baking sheet with foil and set aside.
- Remove stems and gills from mushrooms and discard.
- Brush mushrooms lightly with 1 tablespoon olive oil. Set aside.
- Heat remaining olive oil in a large non stick pan on medium-high.
- Add onions, zucchini, broccoli, and red bell pepper to hot pan. Sauté several minutes until onions are translucent. Remove from heat.
- Place vegetables in a bowl along with breadcrumbs, spinach, garlic powder and Parmesan cheese. Mix well.
- Evenly distribute vegetable mixture among portobello caps.
- Top with mozzarella then bake 15 minutes or until cheese is bubbly. Serve immediately.

SERVING INFO: (Yields 4 servings)

1 stuffed mushroom = 2 V, 1/2 M, 1/2 FT