



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

—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.

—Meanwhile, in a small nonstick skillet coated with cooking spray, saute the red pepper, red onion and zucchini in remaining oil until tender.

—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.

SERVING INFO: (Yields 4 servings) 1 stuffed mushroom = 1/2 P, 1-1/2 V

See photo of recipe at [Instagram](#) and [Facebook](#).