



CHICKEN PESTO GRILLED PORTOBELLO MUSHROOMS

Basic Lifestyle

INGREDIENTS

Cooking spray
1 small red onion, peeled and cut into 1/4-in.-thick slices (about 8 slices)
1/3 cup prepared pesto
1 TSP olive oil
3/8 TSP kosher salt
1/4 TSP freshly ground black pepper
12 ounces shredded skinless, boneless rotisserie chicken breast
4 large portobello mushrooms, stems removed
3 ounces part-skim mozzarella cheese, shredded (about 3/4 cup)

INSTRUCTIONS

—Preheat broiler to high.

—Heat a grill pan over medium-high heat. Coat pan with cooking spray. Arrange onion slices on pan; cook 2 minutes on each side or until lightly charred. Remove pan from heat; coarsely chop onions.

—Combine chopped onions, pesto, oil, salt, pepper, and chicken in a medium bowl; toss well. Divide mixture evenly among mushrooms, pressing gently to fill each cap.

—Return pan to medium-high. Coat with cooking spray. Gently transfer mushrooms to pan; cook 3 to 4 minutes or until mushrooms are heated through and tender. Sprinkle cheese evenly over chicken mixture. Transfer pan to oven; broil 2 minutes or until cheese melts and begins to brown.

SERVING INFO: (Serves 4) 1 stuffed mushroom = 1 P, 1 V, 1 M, 1/2 FT