



GRILLED STUFFED PORTOBELLO MUSHROOMS Intermediate Lifestyle

INGREDIENTS

⅔ cup chopped plum tomato
¼ cup (1 ounce) shredded part-skim mozzarella cheese
1 TSP olive oil, divided
½ TSP finely chopped fresh or 1/8 dried rosemary
⅛ TSP coarsely ground black pepper
1 garlic clove, crushed
4 (5-inch) portobello mushroom caps
2 TBS fresh lemon juice
2 TSP low-sodium soy sauce
Cooking spray
2 TSP minced fresh parsley

INSTRUCTIONS

—Prepare grill.

—Combine the tomato, cheese, ½ TSP oil, rosemary, pepper, and garlic in a small bowl.

—Remove brown gills from the undersides of mushroom caps using a spoon, and discard gills. Remove stems; discard. Combine 1/2 TSP oil, juice, and soy sauce in a small bowl; brush over both sides of mushroom caps. Place the mushroom caps, stem sides down, on grill rack coated with cooking spray, and grill for 5 minutes on each side or until soft.

—Spoon 1/4 cup tomato mixture into each mushroom cap. Cover and grill 3 minutes or until cheese is melted. Sprinkle with parsley.

Note: (1) Since the garlic isn't really cooked, the mushrooms have a strong garlic flavor. (2) Grill the mushrooms stem sides down first, so that when they're turned they'll be in the right position to be filled. (3) If you want to plan ahead, remove the gills and stems from the mushrooms and combine the filling, then cover and chill until ready to grill.

SERVING INFO: (Yields 4 serving) 1 filled mushroom = 2 V

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