



Grilled Stuffed Portobello Mushrooms*

Serves 4

- 4 (5-inch) Portobello mushroom caps
- 1 tsp. olive oil, divided
- 2 Tbsp. lemon juice
- 2 tsp. low-sodium soy sauce
- 2 small plum tomatoes
- ¼ cup shredded part-skim mozzarella cheese
- ⅛ tsp. rosemary
- ⅛ tsp. black pepper
- ½ tsp. minced fresh garlic
- ½ tsp. dried parsley

Remove stems and gills from the underside of mushroom caps using a spoon and discard. In a small bowl combine ½ tsp. olive oil, lemon juice and soy sauce; brush over both sides of mushroom caps. In a small bowl combine tomato, cheese, ½ tsp. olive oil, rosemary, pepper and garlic. Spray grill rack with cooking spray and place the mushroom caps, stem sides down on grill rack; grill 5 minutes on each side or until soft. Remove from grill and spoon ¼ cup tomato mixture into each mushroom cap. Wrap stuffed mushrooms in foil and grill 3 minutes or until cheese is melted. Sprinkle with parsley.

*Mushrooms may also be baked in the oven at 350 degrees for 5-10 minutes. Simply add tomato mixture to uncooked mushroom caps and bake in a pan coated with cooking spray, until cheese is melted and mushrooms are hot.

Per serving: 70 calories, 3 g fat, 4 g protein, 7 g carbohydrate, 2 g fiber, 130 g sodium