

Baked Portobella

INGREDIENTS:

- 1 t olive oil
- 1 clove garlic, minced
- 2 large portobella mushrooms, cleaned
- Salt and pepper, to taste
- 4 oz mozzarella cheese, sliced and shredded
- 5 fresh basil leaves
- 1 large, fresh tomato, sliced roasted, or grilled

DIRECTIONS:

Combine oil and garlic in small bowl and run mushrooms with mixture. Place mushroom cap side down on an oiled baking sheet. Season with salt and pepper and then arrange the cheese, basil and tomato slices in a circle on top of mushrooms. Bake at 450 degrees F until cheese melts, about 3 minutes.

Makes 2 servings.

Calories: 231/serving

NUTRITIONAL INFORMATION PER SERVING:

18g protein
11g carbohydrate
14g fat
310mg sodium
31mg cholesterol
2g fiber