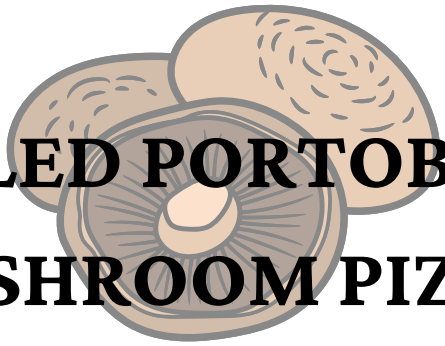

GRILLED PORTOBELLO MUSHROOM PIZZAS

Prep Time: 10 minutes

Cook Time: 10 minutes

20 minutes

INGREDIENTS

- 8 large portobello mushrooms caps (about 4 inches)
- 3 tablespoons olive oil, plus more for greasing the grill
- ½ teaspoon salt
- 1-1/2 cups shredded part-skim mozzarella cheese
- ½ cup pizza cause
- ½ cup toppings of choice, such as pepperoni, chopped onion, diced bell pepper...
- Fresh oregano or torn fresh basil leaves for garnish (optional)

Nutrition Facts

Serving size: 2 mushroom caps

Servings per recipe: about 4

Amount per serving:

Calories 250

Calories from fat 180

Total fat 20g

Saturated fat 7g

Trans fat 0g

Sodium 720mg

Total carbohydrates 7g

Dietary fiber 3g

Protein 11g

DIRECTIONS

1. Prepare and preheat the grille for medium-high, direct heat. Scrape the grill grates clean, if needed. Oil the grill grates with a folded paper towel dipped in olive oil. Please use tongs to hold the paper towel so you don't burn yourself!

2. To prepare the mushrooms: wipe the mushrooms clean with a damp paper towel. Remove the stems from the mushrooms and discard. Use a spoon to gently scrape out and discard the gills to make room for the filling. Brush both sides of the mushrooms with olive oil and season with salt.

3. Place the mushrooms on the grill, hollowed-out side down. Cover the grill and grill until the edges curl and char in spots, about 4 to 5 minutes.

4. Flip the mushroom caps. Divide the cheese among the mushroom caps, then spoon the pizza sauce over the cheese, spreading gently with the back of a spoon. Sprinkle each cap with the remaining cheese and top with your topping of choice.

5. Cover the grill and continue cooking until the cheese has melted and the mushrooms are tender when pierced with a fork, 4 to 5 minutes more. Transfer to a serving platter and sprinkle with fresh basil or oregano, as desired.

Enjoy!

Recipe adapted from simplyrecipes.com

Nutrition analysis using MyFitnessPal.com

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