

Stuffed Portobello Mushrooms

Ingredients

3 Large Fresh Portobello Mushrooms, (each about 4" in diameter) stems removed and set aside

2 Stalks (7" long) Fresh Celery with Leaves, cleaned and diced

1 Cup Chicken Broth

1 Fresh Medium Onion, cleaned and diced

1 Medium (5 oz.) Red or Orange Bell Pepper, cleaned and diced

1.5 oz. Fat-Free President Feta Crumbles

¼ Cup Fresh Shaved Parmesan Cheese

1 ½ Teaspoons Garlic Hickory or BBQ Spice to Taste

Ingredient	Calories	Fat
Mushrooms	180	3g
Broth	20	0g
Vegetables	90	0.3g
Cheese	152	7g
Total:	442	10.3g
Per Serving:	147.3	3.4g

You can also add chopped garlic cloves or any additional chopped vegetables that will soften in 7 minutes of sauté. Remember that you don't need a lot of any one thing for this recipe.

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Directions

1. Preheat oven to 350°F.
2. Take the removed mushroom stems and cut off the hard bottoms.
3. Cut the softest parts of the mushroom stems into small pieces.
4. Sauté the chopped vegetables and the mushroom stalk pieces in the chicken broth for 7 minutes and set aside.
5. Take a 14" rectangular pan with sides, and pour the cooled broth into the bottom of the pan.
6. Wipe the tops of the mushrooms with a damp paper towel.
7. Place the mushrooms top-side-down in the pan.
8. Place 1/3 of all the cooked veggies into each mushroom.
9. Add spices to taste
10. Sprinkle 1/3 of each of the cheeses on top.
11. Bake for 30 minutes.

Yield: 3 Servings (1 mushroom)

