

## Grilled Stuffed Portobello Mushrooms

### Ingredients:

2/3 cup chopped plum tomato  
 1/4 cup shredded part-skim mozzarella cheese  
 1 tsp olive oil, divided  
 1/2 tsp finely chopped fresh or 1/8 teaspoon dried rosemary  
 1/8 ground black pepper  
 1 clove garlic, crushed  
 4 (5-inch) portobello mushroom caps  
 2 tbsp fresh lemon juice  
 2 tsp soy sauce  
 2 tsp minced fresh parsley  
 Cooking spray



### Making it:

1. Prepare grill and make sure it is clean. Spray grill with cooking spray before turning on.
2. Bowl: Combine the tomato, cheese, 1/2 tsp oil, rosemary, pepper, and garlic.
3. Prepping the mushrooms: Remove brown gills from the undersides of mushroom caps using a spoon, and discard gills. Remove stems and discard. Combine 1/2 teaspoon oil, juice, and soy sauce in a small bowl; brush over both sides of mushroom caps.
4. Grilling the mushrooms:
 

Step #1 - 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.

Step #2 - Spoon 1/4 cup tomato mixture into each mushroom cap. Cover and grill 3 minutes or until cheese is melted. Sprinkle with parsley.

### Tips and Hints:

- Serve with lean protein such as chicken, lean cut of steak or vegetarian alternative. Also, don't forget high carb to you're your training. Quinoa or barley goes great this the mushrooms.
- Leftovers go great in a grilled veggies pita sandwich.
- Notes: Since the garlic isn't really cooked, the mushrooms have a strong garlic flavor. Grill the mushrooms stem sides down first, so that when they're turned they'll be in the right position to be filled. 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.

### NUTRITION FACTS

Servings: 4  
 Serving Size: 1 mushroom

<b>Total Calories</b>	<b>83</b>
Carbohydrate	10 g
Total Fat	3.5 g
Protein	5.4 g
Fiber	2.5 g

Prep Time: 15  
 Cook Time: 25