

PORTOBELLO PIZZAS

Time: 30 minutes

Serves: 4

Ingredients:

- 4 Portobello mushrooms – stems removed
- 1 Roma tomato – finely diced
- 1 clove garlic – finely chopped or crushed
- 1 tablespoon fresh parsley – finely chopped
- 1 teaspoon balsamic vinegar
- 1 pinch Kosher salt
- 1 pinch fresh ground black pepper
- 8 slices Genoa or other salami
- ½ cup Parmigiano-Reggiano cheese – coarsely grated

Preparation:

Preheat your barbecue grill on medium.

Place the mushrooms ribbed side down on the grill and cook with the lid closed for five minutes.

Meanwhile, combine the tomato, garlic, parsley, vinegar, salt and pepper.

Turn the mushrooms ribbed side up. Top with two slices of salami each, then top with the tomato mixture. Sprinkle evenly with the cheese and cook with the lid closed for five minutes.

Cook with high indirect heat by leaving only one burner lit on high and moving the mushrooms over the unlit burner. Close the lid and cook until the cheese melts and begins to brown.

Remove from the grill and serve.

Nutritional Information Per Serving:

- Calories: 147
- Fat: 9g
- Carbs: 7g
- Fibre: 2g
- Protein: 11g