

STUFFED MUSHROOMS

Time: 40 minutes

Serves: 4

Ingredients:

4 large portobello mushrooms
½ teaspoon kosher salt
¼ teaspoon fresh ground black pepper
4 shallots – small dice
1 stalk celery – small dice
½ cup oil-packed sun-dried tomatoes – chopped
1 clove garlic - finely chopped or grated
2 teaspoons tarragon – finely chopped
½ cup coarsely-grated – parmesan cheese
½ coarsely-grated part-skim mozzarella cheese

Preparation:

Preheat oven to 350F.

Place mushrooms stem side up on a parchment-lined baking sheet and bake for 15 minutes.

While the mushrooms are cooking, place a sauté pan on medium heat. Add the shallots, celery and tomatoes along with half of the salt and pepper, stirring occasionally for five minutes.

Let the mixture cool for five minutes then, stir in the tarragon and parmesan.

Remove the mushrooms from the oven and discard any liquid accumulated in them. Sprinkle the mushrooms with the remaining salt and pepper.

Fill the mushrooms with the sautéed mixture, top with the mozzarella and return to the oven for ten minutes or until the mozzarella is melted.

Serve immediately.

Nutritional Information Per Serving:

Calories: 152
Fat: 8g
Carbs: 11g
Fibre: 2g
Protein: 11g