

Stuffed Portobello Mushrooms

Yield: 2 servings

Nutritional Info (Per serving): 180 calories, 7g fat, 2g saturated fat, 0mg cholesterol, 40mg sodium, 28g carbohydrate, 3g fiber, 4g protein

Ingredients:

2 teaspoons olive-canola oil, 90/10 blend	2 $\frac{2}{3}$ tablespoons feta cheese, crumbled
1 $\frac{1}{3}$ garlic cloves, peeled and minced	1 teaspoon pine nuts
$\frac{2}{3}$ shallot, peeled and minced	1 teaspoon fresh lemon juice
3 $\frac{1}{2}$ ounces fresh baby spinach	$\frac{1}{3}$ teaspoon salt-free seasoning blend
1 $\frac{3}{4}$ tablespoons cooked brown rice	2 fresh Portobello mushrooms

Directions

1. Preheat oven to 400 degrees. Lightly coat a baking sheet with non-stick cooking spray.
2. Lightly brush mushrooms with $\frac{1}{2}$ teaspoon of oil blend and place rounded side down on the baking sheet.
3. In a large skillet over medium-high heat, add the remaining oil blend. Sauté garlic and shallots for 1 to 2 minutes, or until softened. Add spinach and sauté until bright green and wilted. Add cooked rice and stir to combine.
4. Remove from heat and stir in feta and pine nuts. Season with lemon juice, salt-free seasoning blend and pepper and stuff into mushroom caps.
5. Bake for 10 to 12 minutes, or until cheese melts and mushrooms are heated through.



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