

Artichoke-Topped Portobello Mushrooms

INGREDIENTS

- » 1 cup long-grain brown rice, cooked according to package directions without salt or fat
- » 8 large Portobello mushrooms (5" to 6" in diameter)
- » Nonstick vegetable cooking spray
- » 1 tbsp olive oil
- » 1/2 cup red bell pepper, chopped
- » 6 cloves garlic, minced
- » 1/2 cup onion, chopped
- » 1/2 (13 3/4-oz) can water-packed artichoke hearts, drained, chopped into 1/2" pieces
- » 1/2 tsp dried basil
- » 1/2 tsp marjoram
- » 1/2 tsp thyme
- » 1/4 cup seasoned bread crumbs
- » 1/4 tsp salt
- » 1/4 tsp pepper
- » 1 1/2 cups (6 oz) shredded low-fat mozzarella cheese
- » 1/2 cup (2 oz) crumbled feta cheese

Nutritional Content

Per Serving

Calories	449 cal	Cholesterol	33mg
Protein	23g	Sodium	860mg
Carbohydrate	49g	Calories from Fat	30%
Fat	15g	Fiber	4g
Saturated Fat	7g		

Artichoke-Topped Portobello Mushrooms

INSTRUCTIONS

Remove mushroom stems, chop them, and set aside. Bake whole mushrooms at 425F for 15 minutes, with their smooth side down on a large baking pan (around 15" x 10" x 1") sprayed with nonstick vegetable cooking spray. In a large skillet, heat olive oil over medium-high heat until hot. Sauté mushroom stems, red bell peppers, garlic, and onions for 5 minutes or until tender. Remove from heat and stir in artichoke hearts, herbs, bread crumbs, salt, and pepper. Spoon vegetable mixture onto mushrooms. Combine mozzarella and feta cheese in a bowl. Cover each mushroom evenly with cheese mixture. Bake mushrooms at 425F until they are tender and cheese is melted, about 10 minutes. Serves 4.

FOLD HERE