

## Artichoke-Topped Portobello Mushrooms

## INGREDIENTS

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

### Nutritional Content

Per Serving

Calories	456 cal	Cholesterol	33mg
Protein	23g	Sodium	1002mg
Carbohydrate	48g	Calories from Fat	32%
Fat	16g	Fiber	4g
Saturated Fat	7g		

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## INSTRUCTIONS

Remove mushroom stems, chop them, and set aside. Bake whole mushrooms at 425F for 15 minutes, with their smooth side down on a baking pan sprayed with nonstick vegetable cooking spray. In a 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 1.

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