

## Tomato-&-Olive-Stuffed Portobello Caps

Appetizer

Recipe courtesy EatingWell

Portobello caps make excellent mini casseroles. Here, they hold a tomato, cheese and olive stuffing that grills up to a smoky perfection. Serve them with whole-wheat couscous and a mixed green salad for an easy meal.

### 4 servings

**Active Time:** 35 minutes

**Total Time:** 40 minutes

### Ingredients:

- 2/3 cup chopped plum tomatoes
- 1/2 cup shredded part-skim mozzarella cheese
- 1/4 cup chopped Kalamata olives
- 1 teaspoon minced garlic
- 2 teaspoons extra-virgin olive oil, divided
- 1/2 teaspoon finely chopped fresh rosemary, or 1/8 teaspoon dried
- 1/8 teaspoon freshly ground pepper
- 4 portobello mushroom caps, 5 inches wide
- 2 tablespoons lemon juice
- 2 teaspoons reduced-sodium soy sauce

### Preparation:

- Combine tomatoes, cheese, olives, garlic, 1 teaspoon oil, rosemary and pepper in a small bowl.
- Preheat grill to medium.
- Discard mushroom stems. Remove brown gills from the undersides of the caps using a spoon; discard gills.
- Mix the remaining 1 teaspoon oil, lemon juice and soy sauce in a small bowl. Brush the mixture over both sides of the caps.
- Oil a grill rack (see Tip).
- Place the caps on the rack, stem sides down, cover and grill until soft, about 5 minutes per side.
- Remove from the grill and fill with the tomato mixture. Return to the grill, cover, and cook until the cheese is melted, about 3 minutes more.

### Tips & Notes:

To oil a grill rack: Oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.)

### Nutrition:

**Per serving:** 122 calories; 8 g fat (2 g sat, 4 g mono); 9 mg cholesterol; 8 g carbohydrates; 7 g protein; 2 g fiber; 338 mg sodium; 431 mg potassium. 1/2 Carbohydrate Serving

**Nutrition Bonus:** Vitamin C (25% dv), Potassium (17% dv), Calcium (15% dv).

**Exchanges:** 1 vegetable, 1 high-fat meat