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Grilled Portobello-Goat Cheese Pitas

from **Cooking Light**
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Dinner Tonight
Open-Faced Blackened Catfish Sandwiches



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If the tomatoes are ripe, skip grilling them. Serve with a tropical fruit salad of mangoes, cantaloupe, and pineapple sprinkled with toasted coconut.

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Worthy of a special occasion

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YIELD: 4 servings (serving size: 1 topped pita)
COURSE: Sandwiches

Ingredients

- 1 1/2 teaspoons bottled minced garlic
- 1 teaspoon olive oil
- 4 (6-inch) pita rounds
- 1/2 teaspoon salt, divided
- 1/4 teaspoon black pepper, divided
- 1 (6-ounce) package portobello mushrooms
- 2 medium tomatoes, cut into 1/4-inch-thick slices
- 1/3 cup (3 ounces) goat cheese
- 1/2 cup chopped fresh basil

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Preparation

Preheat a grill pan over medium heat.

Combine garlic and oil; brush evenly over pitas. Sprinkle 1/4 teaspoon salt and 1/8 teaspoon pepper evenly over pitas. Place pitas in pan, and cook 2 minutes on each side or until toasted.

Sprinkle 1/4 teaspoon salt and 1/8 teaspoon pepper evenly over mushrooms and tomatoes. Place mushrooms in pan; cook 6 minutes or until tender, turning once. Remove mushrooms from pan. Add tomatoes to pan; cook 1 minute.

Spread goat cheese evenly over pitas. Arrange the mushrooms and tomatoes evenly over pitas. Sprinkle with chopped basil.

Alison Lewis, *Cooking Light*
AUGUST 2004



Randy Mayor; Jan Gautro

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Nutritional Information

Amount per serving

Calories: 283

Calories from fat: 27%

Fat: 8.5g

Saturated fat: 4.7g

Monounsaturated fat: 2.4g

Polyunsaturated fat: 0.7g

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Protein: 11.9g
Carbohydrate: 39.8g
Fiber: 2.9g
Cholesterol: 17mg
Iron: 2.7mg
Sodium: 731mg
Calcium: 133mg

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Ratings and Reviews (7)

★★★★☆ *Worthy of a special occasion*

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kabrobinson

Very tasty, but really messy and hard to eat.

Posted: 06/05/11



Good, solid recipe

kapc21

Posted: 05/29/10



Outstanding

we love this, I have made it for years. We sometimes skip the pitas and put the goat cheese between the grilled mushroom and tomato. I am making it tonight!

EarthWoman

Posted: 08/20/09



Worthy of a special occasion

I made this last night for a light dinner. I was decently surprised. I used suggestions like drizzling balsamic vinegar over the tomatoes and mushrooms prior to grilling. I don't have a grill or grill pan so I used my gorge foreman, which worked okay. the times were messed up a bit. I also added roasted red pepper on top which I think was quite an addition! I am not a huge fan of goat cheese but wasn't bad. I might try it with fresh mozzarella next time. Served it with cantalope, mango, pineapple, and strawberries freshly chopped drizzled with a couple tablespoons of lime juice.

SarahIP

Posted: 08/10/09



Outstanding

Absolutely delicious! They were a little hard to eat because of how juicy the mushrooms got after cooking, but it was worth the messy eating!

pshouston

Posted: 07/27/09



Outstanding

I thought this was excellent. I followed Jennifer's recipe using balsamic, and I also used basil flavored goat cheese. This has a nice mild taste as is, but I think I will also add some roasted red pepper next time.

patslp

Posted: 06/11/09



Has potential

I did it without reading the reviews. It was okay. I think if I had done it like Jennifer-see review, it would have worked. I'll retry it. But I know, for me, it's an everyday meal not special occasions.

JenniferND

Posted: 05/25/09



Outstanding

We make this for dinner a few times per month in the summer. I've made it as is, but now I do a few things differently - 1. I add in a roasted red pepper, 2. I marinate all the vegetables in a little balsamic vinegar, 3. I cook everything on the outdoor grill, and 4. When its done, I slice the vegetables and put it on the pitas and eat like a pizza. We love it!

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