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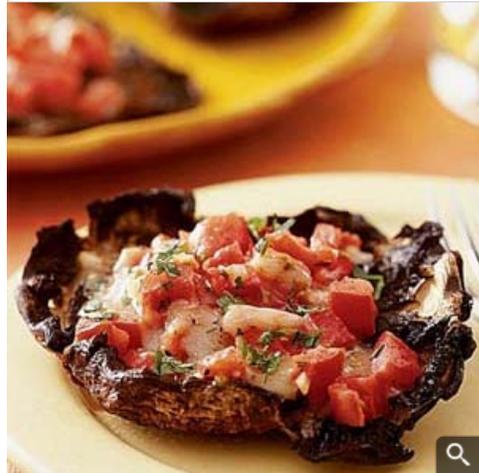
Grilled Stuffed Portobello Mushrooms

from **Cooking Light**
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This recipe works well as an appetizer or impressive side dish. Portobello mushrooms are stuffed with cheese, tomatoes, and fresh herbs, then grilled to perfection.

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Becky Luigart-Stayner; Jan Gautro

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YIELD: 4 servings (serving size: 1 mushroom)
COURSE: Side Dishes/Vegetables

Ingredients

- 2/3 cup chopped plum tomato
- 1/4 cup (1 ounce) shredded part-skim mozzarella cheese
- 1 teaspoon olive oil, divided
- 1/2 teaspoon finely chopped fresh or 1/8 teaspoon dried rosemary
- 1/8 teaspoon coarsely ground black pepper
- 1 garlic clove, crushed
- 4 (5-inch) portobello mushroom caps
- 2 tablespoons fresh lemon juice
- 2 teaspoons low-sodium soy sauce
- Cooking spray
- 2 teaspoons minced fresh parsley

[SAVE INGREDIENTS TO SHOPPING LIST](#)

Preparation

Prepare grill.

Combine the tomato, cheese, 1/2 teaspoon oil, rosemary, pepper, and garlic in a small bowl.

Remove brown gills from the undersides of mushroom caps using a spoon, and discard gills. Remove stems; discard. Combine 1/2 teaspoon oil, juice, and soy sauce in a small bowl; brush over both sides of mushroom caps. Place the mushroom caps, stem sides down, on grill rack coated with cooking spray, and grill for 5 minutes on each side or until soft.

Spoon 1/4 cup tomato mixture into each mushroom cap. Cover and grill 3 minutes or until cheese is melted. Sprinkle with parsley.

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Nutritional Information

Amount per serving
Calories: 83
Calories from fat: 38%
Fat: 3.5g
Saturated fat: 1g
Monounsaturated fat: 1.2g
Polyunsaturated fat: 0.4g

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Protein: 5.4g
Carbohydrate: 10.1g
Fiber: 2.5g
Cholesterol: 4mg
Iron: 2.2mg
Sodium: 123mg
Calcium: 60mg

Notes: Since the garlic isn't really cooked, the mushrooms have a strong garlic flavor. Grill the mushrooms stem sides down first, so that when they're turned they'll be in the right position to be filled. If you want to plan ahead, remove the gills and stems from the mushrooms and combine the filling, then cover and chill until ready to grill.

Cooking Light
JUNE 2001

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Ratings and Reviews (14)

★★★★★ Outstanding

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Melhoney1

Posted: 02/19/11



Outstanding

My mushroom caps were huge so this only made 2, which was perfect. I did add red pepper flakes to the tomato and cheese mixture. This was amazing. Will make this many many times in the future!

livealoughlove

Posted: 02/13/11



Outstanding

My husband LOVED these!! We used gorgonzola cheese and it was nice and creamy, so good! I think the gorgonzola really added a nice amount of flavor. Forgot to grill the mushroom caps before putting the toppings in but still tasted great.

1tremendacook

Posted: 08/02/10



Has potential

It sounded good but I made a few changes, I used Tamari soy sauce AND about a teaspoon of balsamic vinegar along with the lemon juice that made this very zesty. Also I didn't have mushroom caps or a grill so I used sliced large portobellos and baked them in a glass pan. I also used parmesan cheese instead of mozzarella then topped with green and red bell peppers, fresh garlic and oregano. I baked it all on 375 for 15 min and was delicious! Served with a crusty french bread as an appetizer this is a hit!!

ConniefromPA

Posted: 07/16/10



Worthy of a special occasion

Made as directed and it was very good, I think I will try some of the suggestions of other reviewers and add a few extras next time, also will try an Italian version with balsamic, oregano, basil, garlic and parmesan cheese.

Shannon1976

Posted: 05/16/10



Outstanding

I really liked these and made them as written the first time that I made them, and felt they were missing something. The next time that I made them, I used about 2 tbsp. each crumbled feta cheese and mozzarella (shredded). I cut back on the amount of tomatoes and added some diced marinated artichoke hearts. I also added a bit of Italian Herbs to the mix. My husband and I loved them this way. I would make this again, delicious.

scargosun

Posted: 05/03/10



Worthy of a special occasion

This was very good and will definitely make again either following the recipe or switching things up. The only sub I made was for the cheese. I used marinated mozzarella b/c of the comments that mentioned that it needed a little something extra. I used the marinade mixture for the oil in the recipe as well. Turned out great!

tara31

Posted: 01/30/10



Outstanding

I added thinly sliced shallots, doubled the garlic and used veggie mozzarella. Too much snow outside, so we skipped the grill and baked. Yummy!

Iluvbear

Posted: 07/13/09



Outstanding

This is absolutely delicious--our favorite recipe with portobellos.

aimeeh

Posted: 06/04/09



Outstanding

This was excellent tasting! I added some extra garlic, 1 shallot chopped, red pepper flakes and used parm instead of mozz. The taste was yummy and sharp.

MooreFamily

This is a fantastic recipe!! Will definitely become a new favorite in our home. You should give it a try.

Posted: 05/11/09



Outstanding

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