Stuffed Portobello Mushrooms with Cilantro Pesto

Ingredients

Nonstick cooking spray

8 large portobello mushrooms (5-6 in. diameter)

1 cup zucchini, finely chopped

1 cup carrots, shredded

3 green onions, thinly sliced

4 Tablespoons unseasoned breadcrumbs

1/2 cup shredded, reduced-fat mozzarella cheese

1 cup loosely packed spinach leaves

1/4 cup finely chopped cilantro

3 cloves garlic

1/4 teaspoon ground cumin

1 Tablespoon fat-free parmesan cheese

1-2 teaspoons olive oil

1-2 teaspoons lemon juice

1-2 Tablespoons water

Salt and pepper to taste

Nutrition Facts (per serving)

Calories	185
Fat (g)	4
Saturated Fat (g)	1
Cholesterol (mg)	7
Sodium (mg)	206
Carbohydrate (g)	19
Fiber (g)	6
Protein (g)	16
Calcium (mg)	0

Preparation

Combine all ingredients except olive oil, lemon juice and water in a blender and pulse blend until coarsely chopped. Gradually add olive oil and lemon juice until mixture is finely chopped. Add enough water to make a paste. Stir in salt and pepper and use at room temperature. Spinach-Cilantro Pesto is also great with pasta and other vegetables. Remove mushroom stems and chop. Spray a large nonstick skillet with cooking spray and heat over medium heat until hot. Add mushroom stems, zucchini, carrots and green onions and sauté until crisp-tender (8-10 minutes). Stir in breadcrumbs and Pesto and season with salt and pepper. Spoon vegetable mixture into caps. Line a baking sheet with aluminum foil and spray with nonstick cooking spray. Arrange mushrooms on pan and roast at 425 degrees until mushrooms are tender, about 15 minutes. Sprinkle mushrooms with cheese and continue roasting for 5 minutes.

Makes 4 Servings

Serving Size: 2 stuffed mushrooms