

COUSCOUS-STUFFED PORTOBELLO MUSHROOM CAPS WITH MOZZARELLA

Ingredients

8 portobello mushrooms (with caps that are around 5" in diameter)	1/4 tsp ground black pepper
3/4 C chopped scallions (both green and white parts removed)	1 1/2 Tbsp canola oil
2 Tbsp chopped black olives	1 Tbsp balsamic vinegar
1 1/2 C chopped plum tomatoes (about 3 plum tomatoes)	1 1/4 C boiling water
3/4 C dried couscous	3 oz shredded, fat-free mozzarella

Directions

- Preheat oven to 400 degrees F.
- Clean mushrooms by removing and discarding the stems. Then, using a spoon, scrape the black gills from the underside of each mushroom and discard gills. Place each mushroom cap onto a large foil-lined baking sheet. Bake mushrooms in oven until soft, about 20 minutes.
- Meanwhile, chop the scallions, olives, and tomatoes; add to a medium bowl along with couscous, pepper, oil, and vinegar. Bring 1 1/4 C of water to a boil, either on the stove top or in a microwave. Add into the bowl, stirring to combine, and cover tightly with a lid or plastic wrap. Let couscous steam 10 to 15 minutes until cooked. Use a fork to fluff couscous.
- Use a paper towel to blot off any extra moisture on cooked mushrooms. Divide couscous mixture among the mushroom caps. Top with the cheese and place back in the oven until cheese melts, about 10 minutes. Remove from oven and serve.

Source: heart.org

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