

Portobello Mushroom Burgers with Cheese Filling

(page 239, Vegetarian Main Dishes)

Here's another lower-calorie reason to eat vegetarian.

Preheat barbecue grill to medium

Use food processor

4	large portobello mushrooms
2 tsp (10 mL)	olive oil
2	cloves garlic, minced
2 cups (500 mL)	tightly packed fresh spinach leaves
2 tbsp (30 mL)	chopped fresh basil
1 cup (250 mL)	2% cottage cheese
1/4 cup (60 mL)	freshly grated Parmesan cheese
4	4-inch (10 cm) whole wheat pitas, split open
	Roasted red pepper slices (optional)

1. Wipe mushroom caps with a damp paper towel and gently twist off stems. Coarsely chop stems and set aside. Using the edge of a spoon, gently scrape off and discard the dark gills from the caps.
2. Brush both sides of mushroom caps with oil and place on preheated grill. Grill, turning once, for 2 to 3 minutes per side or until lightly browned on both sides. Set aside.
3. In food processor, combine mushroom stems, garlic, spinach, basil, cottage cheese and Parmesan; process until uniformly smooth but not puréed.
4. Place 1 grilled mushroom cap, rounded side down, on a pita half and fill with one-quarter of the cheese mixture. Top with the other pita half. Garnish with roasted peppers (if using).

This recipe courtesy of Lynn Dowling.

Makes 4 servings.

Nutrients

PER SERVING

Calories 278; Fat 7 g; Carbohydrate 39 g; Fiber 6 g; Protein 19 g

Healing Fatty Liver Disease



A Complete Health & Diet Guide
Including 100 Recipes

Dr. Maitreyi Raman, MD, MSc, FRCP, Angela Sirounis, BSc, RD, & Jennifer Shrubsole, BSc, RD

TIPS

Adding the chopped mushroom stems improves the texture of the cheese mixture.

The cheese mixture also makes a great veggie dip.

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