## 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.
- In food processor, combine mushroom stems, garlic, spinach, basil, cottage cheese and Parmesan; process until uniformly smooth but not puréed.
- 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).

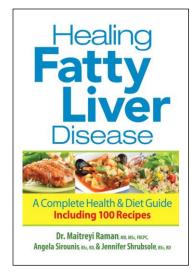
This recipe courtesy of Lynn Dowling.

Makes 4 servings.

## **Nutrients**

PER SERVING

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



## **TIPS**

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

The cheese mixture also makes a great veggie dip.

Excerpted with permission from *Healing Fatty Liver Disease: A Complete Health & Diet Guide Including 100 Recipes* by Dr. Maitreyi Raman, Jennifer Shrubsole, Angela Sirounis. Available where books are sold.

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For more information on fatty liver disease, visit <a href="http://www.liver.ca/">http://www.liver.ca/</a>, email <a href="mailto:clf@liver.ca">clf@liver.ca</a> or call 1-800-563-5483.



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