



Perfect Portobello Pizza

INGREDIENTS

2 medium tomatoes; diced OR 1 can diced fire roasted tomatoes; drained completely
4 large portobello mushrooms; washed, dried and stems removed
2 tbs olive oil
4 cloves of garlic
1 leek; diced
1 small onion, sliced
pinch of salt
½ red bell pepper, minced
½ green bell pepper, minced
1 tbs lemon juice
fresh basil leaves; chopped or 1 tbs dried
4 oz grated Cashew or Mozzarella Cheese

DIRECTIONS

Preheat oven to 400 degrees. Heat the olive oil in a non-stick frying pan. Add onions, leeks and garlic and stir until slightly brown. Add tomatoes and peppers to the pan with the onions. (If using canned tomatoes, wait until peppers are cooked down and softened a bit, then add canned tomatoes). Saute one or two more minutes. Add a pinch of salt to the mixture and stir. Add the lemon juice and stir. Add the chopped basil leaves or dried to the pan and stir. Spray olive oil on a baking sheet and place the portobello mushrooms, stem side up (stems removed). Add the mixed ingredients into each mushroom and top with 1 oz grated cheese each. Place the baking sheet into the oven and bake for 12 minutes at 400 degrees until the mushroom is softened and cheese is melted. Makes 4 servings at 165 calories each.