

Stuffed Portobello Mushroom Salad

INSTRUCTIONS: Simply cut along the dotted line and fold the recipe card in half along the fold line. Seal the top with tape or glue and drop it in your recipe box for future inspiration!



Nutritional Bonus: Portobello mushrooms are an excellent source of niacin, the B vitamin needed to transform carbs into energy. Plus, they're rich in selenium and potassium – the latter is an essential mineral that helps regulate blood pressure and water balance in your body.

INSTRUCTIONS:
ONE: Preheat grill to high. Using a pastry brush, lightly brush mushrooms with 1 tsp oil. In a small bowl, add cheese and basil; mix thoroughly. Spoon ½ oz cheese mixture into each mushroom cap and grill, cheese side up, without turning, for 4 to 5 minutes, or until mushrooms begin to release juices.
TWO: In a large bowl, combine arugula and tomatoes. In a clean small bowl, whisk remaining 2 tbsp oil, honey and lemon juice. Drizzle oil-honey dressing over arugula-tomato mixture and toss to coat. Divide among 6 plates, topping each with 1 stuffed mushroom. Season with salt and pepper.

FOLD LINE

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STUFFED PORTOBELLO MUSHROOM SALAD

Serves 6. Hands-on time: 7 minutes. Total time: 13 minutes.



INGREDIENTS:

- 6 portobello mushrooms, rinsed and stems removed
- 2 tbsp plus 1 tsp olive oil, divided
- 3 oz low-fat goat cheese
- 2 tbsp chopped fresh basil leaves
- 6 cups baby arugula
- 1 cup red grape tomatoes, halved
- 1 cup yellow grape or cherry tomatoes, halved
- 2 tsp raw honey
- Juice ½ lemon
- Sea salt and fresh ground black pepper, to taste

Nutrients per serving (1 stuffed mushroom, 1 cup greens, ½ cup tomatoes, 2½ tsp dressing): Calories: 131, Total Fat: 8 g, Sat. Fat: 3 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 1 g, Carbs: 8 g, Fiber: 2 g, Sugars: 9 g, Protein: 5 g, Sodium: 84 mg, Cholesterol: 7 mg