

recipe from Jen at
the
Thrifty Home

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Veggie-Stuffed Portobello Mushrooms

I like to use whatever vegetables I have on hand or are on sale.



Ingredients:

- 1 small yellow sweet pepper or half of a green or red pepper cut into bite-size strips
- 1 small red onion, chopped
- 1 medium zucchini or yellow crookneck squash, shredded
- 1 carrot, shredded
- 1 stalk celery thinly sliced
- 2 cloves garlic, minced
- 2-3 T olive oil
- 1 T fresh basil chopped
- 1 T lemon juice
- 1-2 handfuls of fresh baby spinach or spinach torn up.
- 1/2 cup bread crumbs (I like to toast a piece of bread and put it in the food processor).
- 1/2 cup shredded parmesan cheese
- 4 large portobello mushroom caps, stems removed
- 4 slices provolone or mozzarella cheese.

Directions:

Preheat oven to 425 F. Line a cookie sheet with foil or parchment. In a large skillet cook and stir pepper, onion, zucchini (or yellow squash), carrot, celery, and garlic in hot oil over medium-high heat for about 4 minutes.



Stir in basil, lemon juice and dash of salt and ground black pepper. Top with spinach, cover and cook until spinach is wilted (about 2 minutes). Remove from heat and stir crumbs and half of the parmesan cheese into vegetable mixture; set aside.

Remove gills from mushrooms, if desired.



Arrange mushrooms, stem side up, on cookie sheet. Top each with a slice of cheese and divide the vegetable mixture among mushroom caps. Bake 15 minutes. Top with remaining parmesan and bake 2 more minutes or until heated through.