

# Stuffed Grilled Portobello Mushrooms



## *Ingredients:*

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| 4 Portobello mushrooms, stems and gills removed | 8 ounces fresh baby spinach                     |
| 2 tablespoons extra virgin olive oil            | 4 large eggs (optional)                         |
| 1 tablespoons balsamic vinegar                  | 4 ounces feta cheese crumbled (or vegan cheese) |
| 1 teaspoon salt                                 | 2 tablespoons chives, minced                    |
| 1 teaspoon black pepper                         |   |
| 2 Spanish onions, julienned                     |   |

## *Preparation:*

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1. Marinate clean Portobello mushrooms with 1 tablespoon olive oil, 1 tablespoon balsamic vinegar, ½ teaspoon each of salt and pepper. Refrigerate for 2 hours.
2. On a hot grill, cook mushrooms for 4-5 minutes a side, until lightly caramelized and tender.
3. In a medium skillet, heat remaining tablespoon of olive oil over medium high heat. When oil is hot, add onions and cook until caramelized stirring every 4 minutes. This will take 12-15 minutes.
4. Once onions are caramelized, add spinach and sauté until just wilted. Season mixture with remaining salt and pepper and set aside.
5. (Optional) In a nonstick pan, cook eggs sunny-side up.
6. Place one mushroom on each of four plates, cap side down. Equally distribute onion mixture inside each mushroom until all mixture is used.
7. Equally distribute feta (or vegan) cheese onto each mushroom.
8. (Optional) Place one egg onto each mushroom (Alternatives: place mushroom over a quinoa salad or in a whole wheat bun).
9. Garnish with fresh chives.

Yields 4 Portions

Recipe provided by Renee Pieroth, RD, CSO, LDN, on behalf of the ON-DPG.

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