

Grilled Portobello Mushrooms with Grilled Chopped Vegetable & Bean Salad

Serves 4

312 calories,***20 g fat(7 sat,10 mono sat.),31mg.cholesterol,25 g carbs.,0 added sugar,15 g. protein,7g fiber,736 mg. sodium 850mg potassium,

***fat could be reduced by using a lower fat cheese or eliminating the cheese completely

Nutrition Bonus: 107% RDA vitamin C, 84%RDA Folate, 31%RDA Vitamin A

Ingredients:

Juice of 1 lemon or ¼ cup

3TBSP extra virgin olive oil

¼ cup chopped fresh dill

½ tsp salt & fresh ground pepper

4 large Portobello mushrooms

16 ounce can small white beans, drained and rinsed

2-3 mini peppers seeded and chunky chopped (I used one each red, yellow and orange)

1 small red onion cut into ½ inch thick slices

1 medium zucchini, cut lengthwise into ¼ inch slices

1 cup shredded Fontina cheese

Preheat the grill to med/high (I used a foreman grill indoors) you could also broil or use a stove top grill pan)

Combine the first six ingredients in a large bowl. Coat the mushrooms with the dressing and set aside. Add the beans to the remaining dressing and set aside. Place mushrooms gill sides up on the grill with the peppers onions and zucchini and cook until done. Be careful not to overcook the veggies, just a light grill. Remove the zucchini, peppers and onion to a cutting board to cool slightly. On the grill fill the mushroom caps with the cheese and cook just until the cheese melts. Chop the cooled veggies and add to beans in bowl and mix gently .Place the mushrooms on individual plates and top with the bean mixture.

ENJOY!

