

Pizza Mushrooms

Serving Size: 1-2

Ingredients:

- 4 Tomatoes (you can use Cherry tomatoes),
- 4 large Portobello mushrooms, washed and stems removed
- 4 cloves of garlic (reduce if this is too much garlic for you)
- 1 tablespoon of lemon
- 1 Onion
- Approximately 5 leaves of fresh basil chopped
- Parmigiana Reggiano cheese
- 1.5 tablespoons Olive Oil

Preparation:

1. Heat up 1.5 tablespoons of olive oil
2. Chop the onion and cook until it is slightly brown
3. Dice up the tomato
4. Chop the garlic, leek and mushroom stems
5. Add the tomatoes, garlic, mushroom stems and leek. Sauté the ingredients until the tomatoes are soft.
6. Squeeze about 1 tablespoon of fresh lemon juice over the ingredients.
7. Add about 5 leaves of chopped fresh basil
8. Spray olive oil on a baking sheet and place the mushrooms on the sheet with the bottom side up.
9. Add the mixed ingredients from the sauce pan into each mushroom and top with grated parmigiana cheese. Place the baking sheet into the preheated oven and bake for 12 minutes at 400F

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