Portabella Pizza
Serves 2

2 large portabella mushroom caps
2 tsp minced garlic
1 Tbsp olive oil
½ tsp each of salt and pepper
2/3 cup part-skim mozzarella cheese
10 leaves fresh basil (can’t beat it!)
2 medium tomatoes, sliced (about 1 1/3 cups)
3 tsp oregano leaves

Preheat the oven to 450-degrees. Combine the oil and garlic in a small bowl and rub the mushrooms on all sides with the mixture. Place the caps, top side down, on an oiled (or parchment paper-lined) baking sheet. Season with salt and pepper.

Arrange the cheese, basil leaves and tomato slices alternately on top of the mushroom (similar to lasagna layers). Finish with some cheese on the top and sprinkle with oregano. Bake until cheese melts and turns golden on top, about 3-5 minutes.

Serving size: 1 cap
230 calories per serving, 14 grams protein, 15 grams fat, 15 grams carbs, 4 grams fiber