

Recipe: Vegetarian Main Dish

Ricotta Cheese and Sundried Tomato Stuffed Portabella

Ingredients:

- Olive oil
- Cooking spray
- 2 portabella mushroom caps, washed and stem taken off
- ½ c chopped onion
- ½ zucchini chopped
- 1 clove garlic
- ¼ c chopped sun dried tomatoes
- 1/3 c low fat ricotta cheese
- 1 tbsp parmesan cheese
- Sea salt
- Black pepper
- Red pepper flakes
- Optional: 1 tbsp whole wheat bread crumbs

Directions:

Heat oven to 350 degrees.

Spray bottom of mushroom caps and place in shallow baking dish.

Cook mushroom caps for 15-20 min or until tender.

While mushroom caps are in the oven, heat stove top to medium-heat.

Add small amount of olive oil to pan.

Sautee onion, zucchini and garlic until soft.

Remove from stovetop and place in bowl.

Add ricotta cheese, sundried tomatoes, parmesan cheese, and salt, pepper and red pepper to taste.

Divide cheese mixture on top of mushroom caps.

Place in oven and cook for 10-15 min or until heated through.

Optional: Top caps with breadcrumbs after heating through and broil for 1-2 min until breadcrumbs become toasted and brown. You could also add cooked spinach for even more nutrients

****Note:** I used sundried tomatoes from a jar and thus a little more oil was added to the cheese mixture. You can also use the dried version but they might need to be softened in water before adding.