

# Caprese Stuffed Portobella Mushrooms

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Adapted from [eatingwell.com](http://eatingwell.com)

4 servings, 5 FSP per serving

- 2 Tbsp olive oil, divided
- 1 med. clove garlic, minced
- 1/2 tsp salt, divided
- 1/2 tsp black pepper, divided
- 4 portobello mushrooms, about 14 oz, stems and gills removed
- 1 cup grape or cherry tomatoes, halved
- 4 oz fresh mozzarella cheese
- 1/2 cup thinly sliced fresh basil
- 2 tsp balsamic glaze (I use store bought)

1. Preheat oven to 400
2. Combine 1 Tbsp olive oil, garlic, 1/4 tsp salt, 1/4 tsp pepper in a small bowl. Using a brush, coat mushrooms all over with oil mixture. Place on a large rimmed baking sheet and bake until the mushrooms are mostly soft, about 10 minutes.
3. Meanwhile, stir tomatoes, mozzarella, basil and the remaining 1/4 tsp salt and pepper and 1 Tbsp olive oil together in a medium bowl. Once the mushrooms have

softened, remove from the oven and fill with the tomato mixture. bake until the cheese is fully melted and the tomatoes have wilted, about 12 to 15 minutes more. Drizzle each mushroom with 1/2 tsp balsamic glaze and serve.