

Mushroom Parmesan



Where service *and savings* matter.



SERVINGS: 4

INGREDIENTS:

NUTRITIONALS

Nutritional analysis per serving:
calories 240, calories from fat 170,
total fat 19g, saturated fat 6g,
cholesterol 20mg, sodium 770mg,
total carbohydrate 11g, dietary
fiber 3g, sugars 0g, protein 10g,
vitamin A 10%, vitamin C 8%,
calcium 20%, iron 6%

3 Tbsp extra-virgin olive oil, plus extra for greasing
the grill pan

4 large Portobello mushrooms

½ tsp salt

¼ tsp freshly ground black pepper

1 cup marinara sauce (store bought or homemade)

½ cup shredded mozzarella cheese

¼ cup grated Parmesan

2 Tbsp Land 'O Lakes light butter, cut into small pieces

DIRECTIONS:

Place a grill pan over medium-high heat or preheat a gas or charcoal grill.

Drizzle 3 tablespoons of olive oil over both sides of the mushrooms. Sprinkle the mushrooms with salt and pepper. Drizzle olive oil on the grill to prevent the mushrooms from sticking. Grill until the mushrooms are heated through and tender, about 5 minutes per side.

Preheat the oven to 400 degrees F.

Spread ½ cup of the marinara sauce on the bottom of a 9 by 13-inch baking dish. Place the grilled mushrooms on top of the marinara sauce and top with the remaining marinara sauce. Sprinkle with the cheeses and top with the butter pieces. Bake until the cheese melts and the top is golden, about 15 minutes. Serve.

source: foodnetwork.com

visit unitedtexas.com for more recipe ideas

★ Mushroom Parmesan, ★
Dole Italian Salad Mix with Lowfat
Vinaigrette & Italian Baguette

Shopping List

PRODUCE:

- 4 large Portobello mushrooms
- 1 bag Dole Italian Salad Mix

SPICES/SEASONINGS:

- Salt
- pepper

WHOLE GRAINS/ BREADS/ PASTA:

- Italian Baguette (bakery)

GROCERY/FROZEN/ MISCELLANEOUS:

- Extra-virgin olive oil
- 1 cup marinara sauce (store bought or homemade)
- Maple Grove Farms fat-free vinaigrette dressing

DAIRY:

- ½ cup shredded mozzarella cheese
- ¼ cup grated Parmesan cheese
- 2 tablespoons Land 'O Lakes light butter

FOLD