

## Portabella Skins

Recipe courtesy of the Mushroom Council and mushroominfo.com

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Serves: 4

	Cooking spray
4	portabella mushrooms
1	tablespoon olive oil
1/4	teaspoon salt
1/8	teaspoon pepper
2/3	cup reduced-fat shredded cheddar cheese
2	slices turkey bacon, crisply cooked and crumbled
1	small tomato, seeded and chopped
1	tablespoon minced fresh chives

Preheat oven to 450° F. Line a baking sheet with foil and spray lightly with cooking spray; set aside.

Brush mushroom caps and edges with oil. Sprinkle stem-side with salt and pepper and place, rounded side down, on baking sheet.

Divide cheese among mushroom caps and bake 10 minutes or until cheese begins to melt and edges begin to brown. Remove baking sheet from oven and sprinkle bacon, tomato and chives over mushrooms. Return baking sheet to oven and cook an additional 5 minutes, or until cheese is melted and mushrooms are hot.

If desired, cut into wedges and serve with toothpicks.

### Nutrition Facts per serving

Serving Size (144g)

		<u>Daily Value</u>
Calories	150	
Calories from Fat	100	
Total Fat	11g	17%
Saturated Fat	4g	21%
Trans Fat	0g	
Cholesterol	25mg	9%
Sodium	320mg	13%
Total Carbohydrate	6g	2%
Dietary Fiber	2g	6%
Sugars	2g	
Protein	9g	
Vitamin A		8%
Vitamin C		6%
Calcium		15%
Iron		4%