



Vegan Portobello Mushroom Pizza

Yield: 8 servings

Ingredients

- 8 large portobello mushrooms, stems removed
- 1 teaspoon garlic powder
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 3 cups pizza sauce, low sodium
- 1 cup red onion, small dice
- 1 cup tomato, small dice
- 1 cup green pepper, small dice
- 1 cup vegan pizza cheese

Instructions

1. Preheat oven to 400 degrees.
2. Place cleaned mushrooms on a baking sheet and lightly drizzle with water.
3. Sprinkle with garlic powder, basil and oregano. Then bake for 5 minutes.
4. In the meantime, prep veggies.
5. Once par-baked, pull mushrooms out of the oven and top with desired amount of pizza sauce, veggies and a sprinkle of vegan cheese.
6. Bake for 10 to 15 minutes, or until the veggies are mostly cooked.



Presented by
Culinary Medicine

Contact Us: spectrumhealth.org/culinarymedicine

X22564 FY19.11.70.A-10 (with punch) © Spectrum Health 03.2019

Nutrition Information **Serving Size: 1 stuffed mushroom**

Calories: 125 | Total Fat: 3 g | Saturated Fat: 1 g | Sodium: 434 mg
Total Carbohydrate: 19 g | Dietary Fiber: 4 g | Sugars: 11 g | Protein: 6 g

Recipe inspired by Dana Schultz at minimalistbaker.com. Adapted and nutrition calculated by Werner Absenger, PhD, MS for MindBodyMed.