

Grilled Portobello Caprese



Prep Time: 30 minutes

Cook Time: 15 minutes

Ingredients:

- 4 Large Portobello Mushroom Caps
- ¼ Cup Balsamic Vinegar
- 2 Cloves Garlic (minced)
- 2 Tbs. Olive Oil
- ½ tsp. Sea Salt
- ½ tsp. Onion Powder
- 1/8 tsp. Black Pepper
- 8 oz. Fresh Mozzarella Cheese
- 2 Beefsteak Tomatoes
- 12 Fresh Basil Leaves (Chopped)
- 5 Kalamata Olives (sliced)

Directions:

1. De-stem mushrooms and rinse thoroughly.
2. In a medium bowl, combine balsamic vinegar, garlic, olive oil, sea salt, onion powder, and pepper. This will be your marinade.
3. In a large dish with high sides, place the mushrooms in a single layer, gill side up, and pour the marinade over the mushrooms. Allow to marinate in the refrigerator for 1 hour. Keep excess marinade that seeps from mushrooms and collects in the dish.
4. Heat a lightly oiled grill pan over medium heat. Grill mushroom caps, gill side up-10 minutes.
5. Chop fresh mozzarella, tomatoes and basil and combine in a large mixing bowl. Toss in remaining marinade. Divide mixture among the grilled Portobello caps.
6. Garnish with sliced kalamata olives.

Nutrition Facts

Amount per serving:

Calories	186
Net Carbs	8.75 g
Total Fat	16.75 g
Protein	12 g