



## Flavorful Portobello Mushrooms



Servings: 1 mushroom cap and ½ c. filling

Ingredients	Nutrient value per serving
<p>4 large portobello mushroom caps with stems            cooking spray            1 1-lb. block firm tofu            1 2-in. piece of ginger, peeled and minced            2 cloves garlic, peeled and minced            3 scallions, white and green parts, sliced crosswise into rings            1/8 t. freshly cracked black pepper            1 T. low-sodium, gluten-free tamari (aged soy sauce)            1 T. shiro (white) miso*            2 T. rice vinegar            1 T. pecans, toasted and chopped</p>	<p>Exchanges ..... 1 starch            ..... 1 vegetable            ..... 2 protein            ..... 2 fat            Calories ..... 155            Calories from Fat ..... 73            Total Fat ..... 9 g            Saturated Fat ..... 0 g            Cholesterol ..... 0 mg            Sodium ..... 477 mg            Carbohydrate ..... 12 g            Fiber ..... 2 g            Sugar ..... 1 g            Protein ..... 12 g</p>
Instructions	Notes
<ol style="list-style-type: none"> <li>Preheat broiler.</li> <li>Remove the stems from the mushrooms. Chop stems into small pieces and set aside. Using a teaspoon, gently scrape the “gills” out of the inside of the caps. Spray a small baking sheet with cooking spray and put the caps on it, gill side down.</li> <li>Broil for about 4–5 min. Remove from oven.</li> <li>Crumble the tofu onto a double thickness of paper towels. Wrap the tofu in the towels and press out as much liquid as you can.</li> <li>Spray a nonstick skillet with cooking spray and place over medium-high heat. Add the tofu and the chopped stems. Stir occasionally, about 5–15 min, depending on how damp the tofu is.</li> <li>When the tofu starts to resemble cooked ground turkey, stir in the ginger, garlic, scallions, pepper and tamari. Cook a few more minutes, until fragrant. Taste the mixture and add more tamari if needed. Remove from heat.</li> <li>Make a topping by mixing the miso, vinegar and pecans.</li> <li>Fill each cap with the tofu filling. If there’s any left over, put it in the bottom of the baking sheet and set the mushrooms on top. Top each with a little of the pecan topping.</li> <li>Broil until the topping is golden brown and bubbling.</li> </ol>	<p>Prep and cook time: 45 min.</p> <p>Portobello mushrooms don’t need much help to feel like a meaty and satisfying dinner. Enjoy these miso-accented mushrooms with steamed greens and rice.</p> <p><b>So, What’s Miso?</b>            Miso is a paste made from fermented soybeans and is familiar to most of us as the key ingredient in miso soup. It adds a deep, rich, salty flavor to dishes. Miso is in the refrigerated produce section of most well-stocked supermarkets.</p> <p><i>*Not all misos are gluten-free. If you’re concerned about gluten, check the label to ensure that the miso does not contain barley (rice is OK).</i></p> <p><i>GLUTEN-FREE recipes are prepared without any wheat, barley, rye or triticale. VEGAN recipes are prepared without any animal products including fats, milk or eggs. Check the label on each ingredient to make sure the brand you are using does not contain these items in any form.</i></p>