



Mediterranean Stuffed Portobello Mushrooms

By Chef Veera Gaul, Ph.D.



Ingredients

- 2 Portobello mushroom caps
- 2-3 plum tomatoes, chopped
- ¼ cup mozzarella cheese or vegan mozzarella cheese
- 1/8 cup Black Olives, chopped
- ¼ cup chopped peppers (yellow or orange look nice)
- 2 tablespoons Mayonnaise or Veganaise (optional)
- ½ teaspoon fresh rosemary, chopped
- 1 tablespoons lemon juice
- 1 tablespoon O&V [IGP Balsamic vinegar](#) *
- 1 tablespoon soy sauce
- 2 tablespoons **Single Estate EVOO** or [Rosemary EVOO](#) *
- Minced parsley for garnish

Preparation

Preheat the Grill to medium high (see Chef Tip for baking this instead of grilling)

In a bowl mix together the chopped tomatoes, mozzarella cheese, olives, peppers, rosemary and mayonnaise (if using). Season with pepper and a little salt if needed.

Remove the gills from the mushroom caps. Mix the lemon juice, IGP Balsamic, soy sauce and EVOO. Brush the mushroom caps with the mixture

Place the mushrooms caps stem-side down on the grill for 5 minutes, then turn over and grill an additional 5 minutes.

Remove and fill with the tomato and olive mixture and return to the grill. Close the grill and cook for 3-5 minutes until cheese melts

Serve alongside a spring green or arugula salad and garnish with minced parsley

Serves 2

Total time 20 minutes

Notes

*This O&V [Balsamic Vinegar](#) has a nice balance of sweet and tart and pairs nicely with the soy sauce to add flavor to the portobellos. You can use another good quality, balanced, authentic balsamic without caramel or added sugars.

*I use the O&V [Rosemary EVOO](#) to add an additional layer of rosemary flavor. You can choose to use a plain, unflavored oil and increase the amount of chopped rosemary in the stuffing.

Chef Tip

If you prefer to bake versus grill your mushrooms, preheat your oven to 400F. Bake caps stem side down for 10 minutes on a baking sheet. Remove from the oven, turn over, stuff with the filling and bake for another 10 minutes.

This is an easy recipe to multiply without adding very much more time. Additional time might be needed to chop, and prep, but you can grill or bake many more mushrooms at the same time.

Categories: Entrée, Snacks & Sides, Vegetarian, Vegan, Gluten-Free, Mushrooms, Portobello, Grilled Mushrooms, Mushroom Pizza, IGP Balsamic, Rosemary EVOO, 30-Minute Meal, Weeknight Dinner, Mediterranean Diet, Plant Based Meal