

grilled mushrooms with cheese



grilled mushrooms with cheese

Ingredients:

2 tbs olive oil
1 tbs lemon juice
1 garlic clove, crushed
8 medium flat mushrooms
(about 90g each), stalks
trimmed
75g reduced fat feta, goat or
ricotta cheese, crumbled
ground black pepper
1/4 cup chopped flat-leaf parsley
grilled ciabatta or Turkish bread,
to serve

HEALTH BENEFITS:

Mushrooms

- Supply worthwhile quantities of six of the 8 B complex vitamins, including thiamin (B1), riboflavin (B2), niacin (B3), folate, pantothenic acid (B5) and biotin. These vitamins play many roles and are vital in the reactions within the body that produce energy from proteins, fats and carbohydrates.
- Great flavour for virtually no fat and very few kilojoules (less than 100 kJ/100g).

Method:

1. Preheat a grill on medium-high heat. Place oil, lemon juice and garlic in a small bowl. Whisk until well combined.
2. Place mushrooms stem-side down on grill tray. Brush with oil mixture. Grill mushrooms for 2 minutes until just softening. Turn mushrooms and brush with remaining oil mixture. Top evenly with crumbled cheese. Season with pepper to taste. Grill for 1–2 minutes or until cheese melts slightly.
3. Sprinkle mushrooms with parsley. Serve with grilled ciabatta or Turkish bread.

Serves: 4 as an entrée or light meal

Preparation: 15 minutes

Cooking: 3–4 minutes