

Low Carb Portobello Pizza



Serves: 6

Ingredients:

- Non-stick cooking spray
- 6 large portobello mushrooms
- 2 Tablespoons extra-virgin olive oil
- Salt and pepper to taste
- 1 cup marinara or pizza sauce (I like to use homemade meat sauce)
- 1/2 cup shredded mozzarella cheese
- 1/4 cup grated Parmesan cheese
- About a 1/2 cup of meat (mini pepperoni, cooked ground beef) optional
- 1/2 teaspoon dried oregano
- Pinch of crushed red pepper flakes (optional)
- Sliced fresh basil or parsley to garnish (optional)

Directions:

1. Preheat oven to 400 degrees F.
2. Spray baking sheet with cooking spray and set aside.
3. Scrub mushrooms with a vegetable brush and carve out the stem with a small sharp knife and remove the insides of the mushroom caps. You now have hollow mushroom caps.
4. Dry the mushrooms with paper towels and place them on the baking sheet. Toss with olive oil, and sprinkle with salt and pepper.
5. Bake for about 10 minutes.
6. Remove from oven and let cool. Drain any liquid that may have accumulated in the mushrooms and pat them dry again with paper towels.
7. Stuff the mushrooms with sauce, mozzarella cheese and meat (if using) and half the Parmesan cheese.
8. Sprinkle with oregano and red pepper.
9. Bake for about another 10 minutes-until sauce is bubbly and cheese is melted.
10. Garnish with the rest of the grated parmesan cheese, chopped basil and or parsley.