

---

# Roasted Portobello Mushrooms

## Description

This can be a satisfying main dish for a vegetarian or as a delicious side dish. Any leftovers are great served in a toasted bagel or bun as a sandwich! We should all be eating more mushrooms! They are packed with vital nutrients and vitamins!

Total time: 25 min   Yield: 4 servings

## Ingredients

cooking spray  
4 large Portobello mushrooms (gills & stems removed)  
fresh ground black pepper & garlic salt (to taste)  
olive oil  
1/2 cup grated Parmesan cheese  
1 whole large avocado (skin removed & sliced into thin strips)  
1 Tbsp of your favorite seasoning blend  
1 cup packed sprouts  
drizzle of your favorite dressing

Prep Time: 15 min   Cooking Time: 10 min   Total Time: 25 min

## Instructions

Preheat your oven to 410°. Lightly spray a cooking sheet with cooking spray and lay the mushroom caps gill side up. Season with fresh ground pepper and garlic salt (not too much garlic salt, the Parmesan cheese and seasoning blend will contain salt). Drizzle lightly with olive oil then sprinkle the Parmesan cheese over the four mushrooms. Place in your oven and bake for 10 minutes. Remove the pan from the oven and fan ¼ of the sliced avocado onto each mushroom and sprinkle the seasoning blend over the sliced avocado. Heap ¼ cup of sprouts on top of the avocado slices and drizzle with your favorite dressing.

## Recipe brought to you by:

Chef Michi Holland