

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Vegetable Portobello Pizzas

Originally from Rachel Ray's 30-minute Get Real Meals

Serves 1; 2 mini pizzas

2 large Portobello mushroom caps, stems removed

Extra-virgin olive oil, for drizzling

4 pieces jarred grilled eggplant or marinated eggplant (available on Italian food aisle), drained

1 jarred roasted red pepper, drained and sliced

4 water-packed artichoke hearts, drained and sliced

3 tablespoons chopped fresh flat-leaf parsley or basil

½ cup arugula or baby spinach

¼ cup finely chopped onion or shallot

Salt and freshly ground black pepper

4 slices provolone cheese, or ¼ pound Italian Fontina cheese, sliced

Crushed hot red pepper flakes

Italian dried seasoning or dried oregano

Preheat oven or toaster oven to 450 °F. Place the mushroom caps grill side up on a baking sheet and drizzle with extra-virgin olive oil. Roast for 12 minutes, or until tender. Layer the caps with the grilled eggplant, sliced roasted red pepper, sliced artichokes, parsley or basil, and arugula or spinach. Drizzle the tops with a little more extra-virgin olive oil, and sprinkle with finely chopped onion or shallot and salt and pepper. Top the mushrooms with 2 slices provolone or fontina each in even layers, then return the pizzas to the oven. Bake for 5 minutes to set the vegetables and melt the cheese. Add a pinch of red pepper flakes and Italian dried seasoning or oregano to the top of each Portobello mini pizza and transfer to a plate.