

Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN



# Dietitian's Dish

## Add a Plant for a Healthy You Year

Whether you're trying to make your New Year's party a little healthier or focused on better for you recipes for quick weeknight dinners in the New Year, adding an extra serving of vegetables is easy.

There are many simple ways to make the addition - without sacrificing flavor!

Swap the pizza crust for a Portobello mushroom cap.

Then, top them with traditional or non-traditional combinations for a new flavor each time!



### Ingredients:

- Nonstick cooking spray
- 2 cups packed kale, stemmed & chopped
- 4 garlic cloves, minced
- 8 Portobello mushroom caps
- 1/4 tsp. salt
- 1/4 tsp. ground black pepper
- 1 cup marinara sauce
- 3/4 cup shredded mozzarella cheese

### Directions:

- Preheat oven to 400°F. Heat large skillet over medium-high heat; spray with nonstick cooking spray. Add kale; cook 2 minutes, stirring occasionally.
- Add minced garlic to skillet and cook 1 minute, stirring occasionally.
- Spray both sides of 8 Portobello mushroom caps with nonstick cooking spray; sprinkle with salt and pepper. Place mushroom caps gill side down on a baking pan; cook in the oven for 5 minutes.
- Turn mushrooms over and evenly top with marinara sauce. Sprinkle with shredded mozzarella cheese over sauce; top with kale mixture. Cook 5 more minutes or until cheese melts.
- **OPTIONAL:** Substitute leafy spinach for kale as desired.