

# Stuffed Portobello Mushrooms



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## Ingredients

- 2 Portobello mushrooms
- 2 tablespoon Olive Oil
- 2 cups zucchini, cubed
- 1 cup red bell pepper, cubed
- ½ cup white onion, cubed
- 1 tablespoon fresh parsley, chopped
- 1 cup tofu, cubed
- ½ cup sliced almonds
- Salt and Mrs. Dash to taste

## Directions

**Mushrooms** - Steam mushrooms for 5 minutes.

**Filling** - Sauté vegetables in olive oil for 5 minutes.

Add tofu and almonds to vegetables.

Stuff mushrooms with this mixture and bake at 325° for 8 minutes.

To watch a video of this recipe click the green bar.