

# Now, Getting The Fiber You Need Is A Picnic.

Think of it as stealth health: sneaking in a little extra fiber here and there whenever you can. It's easy with taste-free, sugar-free Benefiber, the first clear fiber supplement you can use in cooking and baking. Benefiber is a 100% natural fiber supplement that makes taking fiber easier.

## Grilled Stuffed Portobello Mushrooms

Brought to you by *Cooking Light Super Clubs™*



### Ingredients:

- 1 tablespoon Benefiber
- $\frac{2}{3}$  cup chopped plum tomato
- $\frac{1}{4}$  cup (1 ounce) shredded part-skim mozzarella cheese
- 1 teaspoon olive oil, divided
- $\frac{1}{2}$  teaspoon finely chopped fresh or  $\frac{1}{8}$  teaspoon dried rosemary
- $\frac{1}{8}$  teaspoon coarsely ground black pepper
- 1 garlic clove, crushed
- 4 (5-inch) portobello mushroom caps
- 2 tablespoons fresh lemon juice
- 2 teaspoons low-sodium soy sauce
- Cooking spray
- 2 teaspoons minced fresh parsley

### Directions:

1. Prepare grill.
2. Combine 1 tablespoon Benefiber with the tomato, cheese,  $\frac{1}{2}$  teaspoon oil, rosemary, pepper, and garlic in a small bowl.
3. Remove brown gills from the undersides of mushroom caps using a spoon, and discard gills. Remove stems; discard.
4. Combine  $\frac{1}{2}$  teaspoon oil, juice, and soy sauce in a small bowl; brush over both sides of mushroom caps. Place the mushroom caps, stem sides down, on grill rack coated with cooking spray, and grill for 5 minutes on each side or until soft.
5. Spoon  $\frac{1}{4}$  cup tomato mixture into each mushroom cap. Cover and grill 3 minutes or until cheese is melted. Sprinkle with parsley.

Yield: 4 servings (serving size: 1 mushroom).

