



Grilled Garlicky Kale Portobello Pizzas

Prep: 15 minutes

Grill: 10 minutes • Serves: 4

- 2 cups packed chopped stemmed kale
- 4 garlic cloves, minced
- 8 large portobello mushroom caps
- 1 cup PICS marinara sauce
- $\frac{3}{4}$ cup PICS shredded low-moisture part-skim mozzarella cheese

1. Prepare outdoor grill for direct grilling over medium-high heat. Heat large skillet over medium-high heat; spray with nonstick cooking spray. Add kale; cook 2 minutes, stirring occasionally. Add garlic and cook 1 minute, stirring constantly; remove from heat.

2. Spray both sides of mushrooms with nonstick cooking spray; sprinkle with $\frac{1}{4}$ teaspoon each salt and pepper. Place mushrooms, gill side down, on hot grill rack; cover and cook 5 minutes. Turn mushrooms; top with sauce, cheese and kale mixture. Cover and cook 5 minutes or until cheese melts.

Approximate nutritional values per serving (2 pizzas):

166 Calories, 8g Fat (3g Saturated), 14mg Cholesterol, 528mg Sodium, 18g Carbohydrates, 4g Fiber, 9g Sugars, 0g Added Sugars, 11g Protein