

## **STUFFED PORTOBELLO MUSHROOMS**

Serves 4

4 large portobello mushrooms  
Olive oil cooking spray  
1 egg white  
balsamic vinegar  
1 medium onion, cut into small pieces  
2 cloves garlic, peeled and chopped  
1 medium zucchini, cut into small pieces  
1 medium yellow squash, cut into small pieces  
1 small tomato, cut into small pieces  
1/4 cup toasted chopped almonds  
salt and pepper to taste  
2 heads of endive

Preheat oven to 350. Cut stems off mushrooms and slice into small pieces. Coat large pan w/cooking oil spray. Brown onion and then garlic. Add zucchini, squash, mushroom stems and tomato and cook until soft. In a large bowl mix together the toasted chopped almonds, egg white, salt and pepper. Add cooked vegetable mixture and stir until blended well. Stuff mushrooms and place in a casserole dish or on a baking sheet. Drizzle balsamic vinegar over each mushroom. Bake for 15-20 minutes or until mushrooms are soft.

Place mushrooms on top of 4 slices of plated endive and serve!