KALE & FETA STUFFED PORTOBELLO MUSHROOMS

INGREDIENTS

4 T	Extra virgin garlic olive oil (divided)
1	Onion (chopped)
4	Garlic cloves (smashed)
2 C	Kale (with ribs & stems removed) (washed, cut into edible size pieces & patted dry)
	Imagine low sodium vegetable broth
2	Portobello mushroom caps (Large)
1/2 C	Feta cheese (crumbled)
	Salt & pepper to taste

COOKING INSTRUCTIONS

1 Cut off the stems of the mushrooms & scoop out the insides of the mushroom caps with a spoon
2 Spray a medium sized saute pan with non-stick cooking spray & pour in 2 T olive oil
3 Saute garlic & onion until golden brown & then let cool
4 Preheat oven to 350 degrees
5 Spray 5 qt. pot with non-stick cooking spray & add kale, mushroom parts & vegetable broth
6 Mix thoroughly & cover pot
7 Cook on medium heat until kale is wilted & there is very little liquid left
8 Put kale mushroom mix & onion garlic mix in processor & pulse until mix becomes smooth
9 Add salt & pepper to taste & then fill mushroom caps generously
10 Bake for 10 minutes on baking sheet pan (with sides) sprayed with non-stick cooking spray
11 Take pan out of the oven & sprinkle the feta cheese on top of the stuffed mushrooms
12 Bake for 10 - 15 minutes

NOTES

1 If you prefer your filling to be more compact, add Kosher panko crumbs or a little brown rice flour
2 You can sub in spinach but keep in mind that spinach requires less time to wilt than kale