

Recipe

Dinner: Grilled portobello mushroom with broccoli & sweet potato (Swap for a pork chop)

Makes 1 serving | Prep: 10 minutes | Cook: 12 minutes



Ingredients

- 3-4 oz portobello mushroom
- ¾ cup cannellini beans, drained and rinsed
- 1 tsp fresh rosemary
- 2 cloves garlic, crushed
- 2 Tbsp salsa
- ½ cup roasted broccoli
- Small baked sweet potato

Preparation

Coat a medium skillet with cooking spray. Over a medium flame, cook portobello mushroom until lightly browned, around 3-5 minutes. Flip and cook on other side for another 2-3 minutes. Slide mushroom onto plate. In the same skillet, sauté cannellini beans with rosemary and garlic. Top mushroom with bean mixture and salsa. Serve with broccoli and sweet potato.

Veggie boost: Add extra roasted non-starchy veggies on top of sweet potato or serve with a side salad.

Flavor boost: Add lemon pepper and fresh lemon juice on top of the portobello mushroom and roasted broccoli.

Nutrition information per serving



Calories: 305 | Total fat: 1 g | Saturated fat: 0 g | Sodium: 465 mg | Cholesterol: 0 mg
Total carbs: 64 g | Fiber: 20 g | Sugars: 10 g | Protein: 20 g | Potassium: 1,687 mg

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