

Enchilada-Stuffed Grilled Portobello Mushrooms

Ingredients

- 4 portobello mushrooms
- 2 tablespoons olive oil
- ½ cup corn kernels
- ½ cup black beans, drained and rinsed
- 1 cup enchilada sauce
- ¼ teaspoon salt
- 1 tablespoon flour
- 1 cup mozzarella or Monterey jack cheese, shredded
- 2 tablespoons chives

Instructions

1. Pre-heat your barbecue to medium-high heat.
2. Using a small spoon, scoop the gills out of the mushrooms.
3. Brush mushroom exteriors with olive oil and place on a large plate.
4. In a medium bowl, whisk together the enchilada sauce, salt and flour until no lumps remain.
5. Spoon around 2 tablespoons of corn and black beans into each mushroom. Drizzle with the sauce. Top with shredded cheese.

To grill:

1. Grill over direct heat (on a veggie grilling plate, or directly on clean grill) for 5-6 minutes, until cheese is melted and sauce is bubbling.
2. Sprinkle with chives and serve with a side salad.

To bake:

1. Heat oven to 450°F. Bake for 5-10 minutes, until cheese is bubbly and mushrooms are softened (but not mushy).

