



# Goat Cheese and Provolone Stuffed Portobellos

## ingredients:

4 Portobello mushroom halves  
4 oz goat cheese  
4 slices provolone cheese  
garlic salt  
salt

Preheat oven to 425 and prepare a baking sheet with parchment paper.

Wash your mushrooms gently using a damp cloth, or slowly running water and pat dry. Brush with avocado oil and Place on baking pan.

Cook mushrooms for 10 minutes, until they release their water and are tender.

Brush again with avocado oil, sprinkle with salt and garlic salt, and place back in oven for 10 more minutes so they will become very tender and brown.

Remove from oven, add 1 oz of goat cheese, top with provolone slice, and place back in oven for the final time for about 10 minutes or until the cheese is bubbly and brown.

Macros: makes 4 servings,  
calories 171  
carbs 1.2g  
protein 13.2  
fat 12g