



# PORTOBELLO PIZZAS

By Dr. Cindy Tanzar  
(Standard/Vegan/Maintenance)

Great healthy recipes are developed by thinking outside the box. It's about creating the traditional flavors you love in unconventional ways - while being weight-loss friendly. This recipe is very easy and versatile. You can add the toppings you prefer and keep it vegetarian/vegan or add some sliced or crumbled AlFresca Italian Chicken Sausage, hamburger or chopped chicken for protein. You may only fit about one ounce of protein on it, but you can eat 2 oz of protein on the side, or you can also serve the mushroom with the roasted/grilled sausages. Just slice the sausage and eat with bites of the mushroom. Nutritional Yeast is easily found in most stores by the baking yeast. It is not a standard live/active yeast. It is full of B-vitamins (where it gets its gold color) and provides a cheesy flavor you can use on many dishes. Makes 3 servings. If you are using medium-sized Portobellos, one mushroom will cover your cooked vegetable for one meal.



## INGREDIENTS

3 medium/ large Portobello mushrooms (stems/gills removed)  
Avocado oil  
1/4 tsp garlic powder



1/4 tsp dried oregano  
1/4 tsp dried basil (optional)  
3/4-1 cup pizza sauce (like Kroger Simple Truth Organic)  
Chopped veggies (red onion, peppers, tomato, garlic slices, olives, broccoli, etc)  
Crushed red pepper, optional  
Nutritional Yeast, to your liking (*Can use Shredded Cheese if in Maintenance*)

## INSTRUCTIONS

Preheat oven to 400 °F. Remove any stems or gills from the mushrooms, making a hollow middle. Drizzle avocado oil on the inside and outside, and sprinkle with garlic powder, oregano and basil (if using). Place on a lined baking sheet and bake for 5 minutes.

Remove mushrooms from the oven and top with pizza sauce - enough to fill the center of the mushroom. Sprinkle chopped veggies on top and return to the oven to bake for 15-20 minutes.

Top with red pepper flakes, nutritional yeast or fresh basil.