



Rex Surgical Specialists

Stuffed Portabella Mushroom with Chicken & Sautéed Vegetables

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| 3 medium size portabella mushroom w/
center scooped out | Salt & pepper to taste |
| 4 oz grilled breast cut into strips | 2 tsp chopped garlic |
| ½ cup small Vidalia onion diced | ½ cup white wine |
| ½ cup red pepper diced | 1 cup stock – chicken / vegetable |
| ½ cup green pepper diced | ¼ cup seasoned bread crumbs
(optional) |
| ½ cup yellow pepper diced | ¼ cup shredded mozzarella cheese |

Place the scooped mushroom on an oven safe pan with cooking spray in oven at 400 degrees for about 10 – 12 minutes or until tender.

While mushroom is baking in oven sautéed you onion, peppers, garlic in stock using small amounts of stock and wine as you go. Sautees till vegetables are tender add chicken then sprinkle with breadcrumbs and cheese mixing lightly.

When mushroom is ready fill with chicken and vegetable mixture top with mozzarella cheese and bake for about 5 to 8 minutes at 400 degrees or until cheese is melted.

*Food demonstration and recipe provided by:
Georgina's Pizzeria, located at 3536 Davis Drive Morrisville, NC 27560*

Nutrition Facts
**Stuffed Portabella Mushroom w/
Chicken & Sautéed Mushrooms**

3 Servings

Amount Per Serving

Calories	227.1
Total Fat	5.7 g
Saturated Fat	2.6 g
Polyunsaturated Fat	0.6 g
Monounsaturated Fat	1.5 g
Cholesterol	36.8 mg
Sodium	390.3 mg
Potassium	699.3 mg
Total Carbohydrate	19.7 g
Dietary Fiber	3.3 g
Sugars	3.8 g

Protein 19.2 g

Vitamin A	60.4 %
Vitamin B-12	5.5 %
Vitamin B-6	28.6 %
Vitamin C	190.2 %
Vitamin D	0.0 %
Vitamin E	3.8 %
Calcium	17.8 %
Copper	20.4 %
Folate	10.4 %
Iron	9.4 %
Magnesium	10.0 %
Manganese	21.8 %
Niacin	44.8 %
Pantothenic Acid	14.3 %
Phosphorus	30.0 %
Riboflavin	30.0 %
Selenium	27.5 %
Thiamin	11.5 %
Zinc	10.2 %