



Portabella Mushroom Pizza

Serves four

4 small portabella mushrooms

FOR THE MARINADE:

2 TBS olive oil + more to drizzle on the bread

1/2 tsp. dried thyme

1 TBS balsamic vinegar

1 garlic clove – minced

Salt & Pepper

ASSEMBLE YOUR PIZZA:

4 small flat bread or Pita bread

2 large garlic cloves

2 TBS julienne sun-dried tomatoes in olive oil

1/2 tsp. of red chili flakes – optional

1/2 tsp. dried oregano

Mozzarella or Edam or Muenster cheese

Mix the olive oil, thyme, balsamic vinegar, garlic clove, salt and pepper in a bowl. Pour it over the mushrooms and marinate for a minimum of 20 minutes and up to overnight.

Heat the oven to 350 degrees F (175 C).

Slice the mushrooms about 1/4 inch thick and place them on top of the pita bread. Arrange garlic slices and sun-dried tomato pieces among the mushroom.

Sprinkle a tiny bit of chili pepper (if using) and oregano all over the top and add a very small bit of salt. Drizzle some olive oil on the pita bread and top with your cheese of choice.

Place the pita breads in the oven and bake for about 10 minutes, until the cheese is melted and the bread toasts a bit. Do not over toast the bread as it will get hard. Remove from oven and quarter. Serve and enjoy.

CALORIES 322.07; FAT 6.57 grs (sat 2.12; mono 1.38; poly 1.95); PROTEIN 13.30 grs ; FIBER 3.19 grs; CARBS 55.35 grs; CHOLESTEROL 11.56 mg; IRON 13.20 mg; SODIUM 500.23 mg; CALCIUM 505.05 mg

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