



## Grilled Garlicky Kale Portobello Pizzas

**Prep: 15 minutes**

**Grill: 10 minutes • Serves: 4**

**1. Kale:** Prepare outdoor grill for direct grilling over medium-high heat. Stem and chop 2 cups packed kale. Heat large skillet over medium-high heat; spray with nonstick cooking spray. Add kale; cook 2 minutes, stirring occasionally.

**2. Garlic:** Mince 4 garlic cloves; add to skillet and cook 1 minute, stirring constantly.

**3. Portobello Mushroom Caps:** Spray both sides of 8 portobello mushroom caps with nonstick cooking spray; sprinkle with  $\frac{1}{4}$  teaspoon each salt and pepper. Place mushroom caps, gill side down, on hot grill rack; cover and cook 5 minutes.

**4. Marinara Sauce:** Turn mushrooms; evenly top with 1 cup marinara sauce.

**5. Low-Moisture Part-Skim Mozzarella Cheese:** Sprinkle  $\frac{3}{4}$  cup shredded low-moisture part-skim mozzarella cheese over sauce; top with kale mixture. Cover and cook 5 minutes or until cheese melts.

*Approximate nutritional values per serving:*

*166 Calories, 8g Fat (3g Saturated), 14mg Cholesterol, 528mg Sodium, 18g Carbohydrates, 4g Fiber, 9g Sugars, 11g Protein*