

Cook Time: 18 to 20 minutes

Ingredients

- 4 large Portobello mushrooms
- 2 tsp (10 mL) canola oil
- 1/4 cup (50 mL) chopped onion
- 1 garlic clove, minced
- 1/2 cup (125 mL) pot or pearl barley
- 2 cups (500 mL) lower salt vegetable or chicken broth
- 1/4 cup (50 mL) whole grain bulgur
- 1/2 tsp (2 mL) dried summer savoury
- 1/4 tsp (1 mL) salt
- 1/4 tsp (1 mL) pepper
- About 8 cups (2 L) fresh spinach leaves, thinly sliced crosswise
- 1/4 cup (50 mL) shredded Swiss, Monterey Jack or Parmesan cheese



Directions:

- Remove stems from mushrooms and coarsely chop. In a medium saucepan, heat oil and sauté onion, garlic and mushroom stems 1 minute.
- Stir in barley. Add broth, then bring to a boil.
- Reduce heat, cover and simmer 30 minutes.
- Stir in bulgur and continue to simmer 12 to 15 minutes or until grains are almost tender.
- Stir in savoury, salt and pepper.
- Stir in spinach. Cover and simmer 4 minutes or until spinach is wilted.

- Meanwhile, use a spoon or sharp knife to scrape gills from mushroom caps; discard gills.
- Place caps, rounded side down, in a foil-lined pan.
- Spoon spinach mixture into mushroom caps and sprinkle with cheese.

- Bake at 375°F (190°C) for 18 to 20 minutes or until mushrooms are tender and cheese is slightly melted.
- Serve with a salad and crusty rolls.

Nutritional Information (per serving): Calories: 228; Protein: 11 g; Carbohydrate: 37 g; Fibre: 9 g; Sugars: 3 g; Fat: 5 g; Saturated Fat: 1.5 g; Trans Fat: 0 g; Cholesterol: 6 mg; Sodium: 342 mg; Potassium: 438 mg