



Portobella Mushroom stuffed with Cous Cous

- 1 portobella mushroom**
- 4 oz. ground turkey breast**
- 30g carb of whole wheat cous cous**
- ½ green zucchini**
- 2 oz. mushrooms**
- ½ onion**
- 1/3 c. skim mozzarella cheese**

Spray portobella mushroom with olive oil spray and lightly salt, then grill for about 5-10 minutes or until softened.

Cook ground turkey breast in pan.

Saute all veggies in a non stick pan with olive oil spray.

Add in cooked cous cous and turkey.

Fill mushroom with mixture and add cheese.

Bake till cheese is melted.

30g protein/30g carbs/7g fat