

# Portobello Mushroom and Canadian Swiss Pizza



## Ingredients:

1/4 cup (60 mL) **butter**  
 3 cups (750 mL) sliced portobello mushrooms,  
 about 6 oz (180 g) package  
 2 cloves garlic, chopped  
 1/4 cup (60 mL) chopped fresh parsley  
 1 precooked pizza crust, 16 inch (40 cm) in diameter  
 1 cup (250 mL) rapini or broccoli florets, blanched  
 1/3 cup (80 mL) chopped red onion  
 1/2 lb (250 g) **Canadian Swiss**, shredded  
 Salt and freshly ground pepper



4 servings



15 minutes



7-10 minutes

SERVINGS

PREPARATION TIME

COOKING TIME

## Preparation:

Preheat oven to 450°F (230°C).

Melt butter in a frying pan over high heat and cook mushrooms and garlic until fragrant (do not brown garlic). Add parsley and salt and pepper to taste.

Spread mushrooms on pizza crust.

Top with rapini or broccoli florets and red onion.

Sprinkle with cheese and bake on middle rack of oven for 7 to 10 minutes or until cheese is golden.

Serve with a mixed green salad topped with sun-dried tomato dressing.

## Side dish suggestions:

### Suggested Wines:

#### Canadian Willow Heights Gamay Noir

A wild strawberry character with slightly peppery and smoky hints that combines well with this pizza and has enough structure to offset the Canadian Swiss cheese.

#### Alternate suggestions:

**White:** Canadian Semillon, French or Australian White Bordeaux

**Red:** Canadian or Austrian Zweigelt

## Tips:

This pizza can be prepared ahead of time and baked just before serving, served cold as a picnic treat, or frozen prior to baking.

## Nutritional information:

### Per serving:

**Energy:** 336 kcal / 1404 kJ

**Protein:** 22 g

**Carbohydrates:** 29 g

**Fibre:** 4.5 g

**Fat:** 16 g

**Sodium:** 373 mg

**Here are the top 5 nutrients provided by a serving of this recipe**

Nutrient	% DV*
Calcium:	574 mg / 52%
Vitamin B12:	50%
Phosphorus:	45%
Vitamin C:	44%
Zinc:	36%

\* Note: The daily value (DV) is established by Health Canada and corresponds to the daily quantity recommended for each nutrient. The percentage of the daily value (% DV) indicates the proportion of the nutrient provided by the recipe, in comparison with the quantity recommended.

**You've got choice:**

For a change of taste, try with Canadian Oka, Old Cheddar, or Gouda, etc.

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