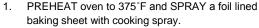
## Stuffed Mushrooms

Cooking Spray	
15	Mushrooms, button, large
¼ C	Bell pepper, diced
¼ C	Onion, diced
2	Garlic cloves, minced
¼ c	Parmesan cheese,
	shredded
2 +	Doo'l dried

- shredded
  2 t Basil, dried
  4 oz Cream cheese, ½ less fat
  2 T Bread crumbs, optional
- Makes 5 servings-3 mushrooms/serving

Cooking oprov



- REMOVE the stems from the mushrooms and CHOP finely.
- 3. In a medium bowl MIX mushroom stems, bell pepper, onion, and garlic.
- ADD parmesan cheese, basil, and cream cheese. MIX well.
- SCOOP 1-2 teaspoons of filling into each mushroom, depending on the mushroom size. If any filling is leftover add it to the mushrooms as desired.
- SPRINKLE bread crumbs on top, if desired.
- BAKE for 15-20 minutes. May set mushrooms on a rack to bake in order to drain the juice while they bake, but it is optional.

Nutrition Information: 90 calories, 5 g fat, 15 mg cholesterol, 190 mg sodium, 6 g carbohydrates, 1 g fiber, 6 g protein Chickasaw Nation Nutrition Services

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