

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 t Basil, dried

4 oz Cream cheese, ⅓ less fat

2 T Bread crumbs, optional

1. PREHEAT oven to 375°F and SPRAY a foil lined baking sheet with cooking spray.
2. REMOVE the stems from the mushrooms and CHOP finely.
3. In a medium bowl MIX mushroom stems, bell pepper, onion, and garlic.
4. ADD parmesan cheese, basil, and cream cheese. MIX well.
5. 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.
6. SPRINKLE bread crumbs on top, if desired.
7. 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.

**Makes 5 servings-
3 mushrooms/serving**



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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