

CHEESY STUFFED MUSHROOMS



INGREDIENTS

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| 12 large mushrooms | 1 Tbsp. finely chopped fresh parsley |
| 2 Tbsps. finely chopped red bell pepper | 2 Tbsps. plain or seasoned bread crumbs |
| 1 Tbsp. finely chopped scallions | ½ tsp. garlic powder |
| 1 Tbsp. reduced-fat cream cheese | ⅛ tsp. black pepper |

DIRECTIONS

1. Preheat oven to 350 degrees. Coat a baking sheet with cooking spray.
2. Remove stem from mushrooms; chop stems finely. Place mushrooms caps on prepared baking sheet.
3. Coat a medium skillet with cooking spray. Over medium heat, cook chopped mushroom stems, red bell pepper, and scallions 2 to 3 minutes. Stir in cream cheese, parsley, bread crumbs, garlic powder and black pepper and cook 1 to 2 minutes, stirring occasionally.
4. Spoon mixture evenly into mushroom caps and spray tops with cooking spray.
5. Cover and bake about 15 minutes, or until caps are tender. Uncover and bake an additional 5 - 6 minutes, or until tops are brown.

NUTRITION FACTS

Serves 4 / Serving Size - 3 Mushrooms

Calories	40	Sodium	47mg
Total Fat	1.0g	Total Carbohydrates	5.7g
Protein	3.1g	Dietary Fiber	1.1g
Cholesterol	2.0mg	Sugar	2.1g