

Vegetarian Stuffed Mushrooms – 8 servings

24 medium mushrooms
1/2 small onion
1/2 clove of garlic
1/4 cup spray butter
2/3 cup dry breadcrumbs
2 oz. low-fat dry, grated Parmesan cheese



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This is a healthier adaptation of the traditional stuffed mushroom that normally contains meat or high-fat cheese. By using this recipe, you can cut the calories of a 3 mushroom serving to under 100 calories.

Recipe: 2048 g, 600 Calories, 32 Pro, 72 Cho, 24 g Fat, 1296 Na
Serving: 75 Calories, 4 Pro, 9 Cho, 3 Fat, 162 Na



Start by rinsing and draining the mushrooms and removing the stems. Combine the stems, garlic, onion, and dry breadcrumbs in a food processor and mix the stuffing until finely blended.

Place a small pan on an oven at medium heat, combine the stuffing mixture with the spray butter and Parmesan cheese, and cook until the mixture blends together forming a rough paste-like stuffing.

Place stuffing mixture generously in mushroom caps then place them evenly on two 13' x 9' baking pans.

Bake for 8-10 minutes at 425° or until the top of the stuffing mixture becomes slightly crispy. Enjoy!