

Herb-Stuffed Mushrooms

Stuffing mushrooms just makes something wonderful even better!

Makes: 4 servings

Source: choosemyplate.gov recipe/ Dave's herb-stuffed mushrooms

Directions

1. Preheat oven to 375°F.
2. Clean mushrooms with a paper towel or vegetable brush; remove stems to use for the filling.
3. While oven is warming, put mushroom caps (open side down) in oven for 10 minutes. This will prepare the caps for stuffing.
4. Chop the garlic and onions and sauté with 1 tsp olive oil. One minute before they are finished, add the four herbs. After 1 minute, remove from heat.
5. In a large bowl, mash mushroom stems and chickpeas.
6. Add all other ingredients. Mix well.
7. Lightly spray a baking sheet and the mushroom caps.
8. Stuff the mushrooms with the mixture and place on baking sheet.
9. Bake for 15-18 minutes or until the stuffing is golden brown.
10. Remove from oven, sprinkle with an herb of your choice, and enjoy.



Small Changes,
BIG Difference!



Ingredients

- 8 large mushrooms (approx. 3" in diameter)
- 4 cloves garlic
- 3/4 cup white onion
- 3 teaspoons olive oil
- 1/2 teaspoon dried parsley
- 1/2 teaspoon dried sage
- 1/2 teaspoon dried rosemary
- 1/2 teaspoon dried thyme
- 1/4 cup whole-wheat bread crumbs
- 1/4 cup sun-dried tomatoes (chopped fine)
- 3/4 cup canned, drained, no-salt added chickpeas (garbanzo beans)
- 1 teaspoon lemon juice
- cooking spray

Utensils Needed

- Knife
- Cutting Board
- Mixing Bowl
- Spoon
- Oven
- Baking Sheet

SHOPPING LIST

Average total cost without oil and seasonings: \$14.16

Average cost/serving: \$3.54

Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Large (3" diameter) Mushrooms - 1
package or 8 individual if buying bulk



Add 1 to Cart
Fresh Garlic



Add 1 to Cart
White Onion (13 oz avg)



Add 1 to Cart
Whole Wheat Bread Crumbs (13 oz)



Add 1 to Cart
Sun Dried Tomatoes (7.5 oz)



Add 2 to Cart
Garbanzo Beans (15.5 oz can)



Add 1 to Cart
Lemon Juice

My Cooking Notes

Nutrition Information

Serving Size: 2 Stuffed Mushrooms

<u>Nutrients</u>	<u>Amount</u>
Calories:	149
Total Fat:	5 g
Saturated Fat:	1 g
Cholesterol:	0 mg
Sodium:	199 mg
Total Carbohydrates:	22 g
Dietary Fiber:	5 g
Total Sugars:	6 g
Added Sugars:	0 g
Protein	6 g