

HEALTH EDUCATION

Vegetarian Stuffed Mushrooms

Ingredients:

- 24 large cremini mushrooms
- 1 cup breadcrumbs
- ½ cup Parmigiano Reggiano, freshly grated
- 2 cloves garlic, minced
- 1 tablespoon fresh parsley, finely chopped (plus more for garnish)
- 1 teaspoon olive oil
- 1 teaspoon onion powder
- 1 teaspoon Italian seasoning
- ½ teaspoon salt
- ½ teaspoon ground black pepper

Directions:

- Preheat oven to 350 F. Line a large <u>half sheet baking pan</u> with <u>parchment paper</u> and set aside.
- Wipe the mushrooms clean with a paper towel and remove the stems. Reserve half of the mushroom stems and finely chop them. Set aside.
- Transfer the mushroom caps, cavity side up, onto the lined baking sheet and set aside. In a large <u>mixing bowl</u>, combine remaining ingredients (breadcrumbs, Parmesan cheese, garlic, parsley, olive oil, onion powder, Italian seasoning, salt, and pepper). Add in the chopped stems. Stir to combine. You could also combine the ingredients in a <u>food processor</u> and pulse mix to combine. In this case, you wouldn't have to chop up the stems or parsley as finely because the <u>food processor</u> will do it for you.
- Carefully scoop the mixture into mushroom caps.
- Bake for 20 minutes, or until the top of the mixture starts to turn golden brown.
- Serve warm with a sprinkle of chopped parsley on top. For added flavor, drizzle some olive oil on top, if desired.

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Recipe Link

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