

Baked Stuffed Mushrooms with Sausage and Mozzarella

Written by Lorraine Stone

Saturday, 17 July 2010 15:19 - Last Updated Tuesday, 24 August 2010 09:15



Recipe Information:

Makes: 24 servings

Prep Time: 35:00

Cook Time: 10:00

Ingredients:

- 1 pound (about 24) large fresh white mushrooms, cleaned
- 2 tablespoons olive oil, divided
- 6 ounces bulk Italian sausage
- 3 green onions, sliced (about 1/2 cup)

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- 1 teaspoon chopped garlic
- 1/2 teaspoon Italian seasoning
- 1/2 cup mozzarella cheese, shredded
- 1/4 cup Parmesan cheese, grated

Directions:

Preheat oven to 400F - If you prefer, we did ours on the BBQ before cooking our fish for dinner. Remove stems from mushrooms; finely chop enough stems to equal 1/2 cup and reserve. Place mushroom caps in a bowl and toss with 1 tablespoon oil. Arrange caps cavity side up on a shallow baking pan and set aside. Heat remaining oil in a medium skillet over high heat. Add sausage, green onion, garlic, Italian seasoning and reserved chopped mushroom stems. Sauté, breaking up sausage into smaller pieces until cooked thoroughly and nicely browned. Remove from heat; add both cheeses and stir just until cheese melts. Stuff mushroom caps with sausage mixture and bake 10 to 15 minutes, until mushrooms are tender and cheese is slightly golden. Great for social gatherings. People really love them.

Nutritional Information: Per Serving: Net Carbs:1 grams, Fiber:0 grams, Protein: 2 grams, Fat: 3 grams, Calories: 37