

Pizza-Stuffed Mushrooms

Prep: 5 minutes

Cook: 15 minutes

Ingredients

6 medium baby bella mushrooms
(each about 2 inches wide), stems
removed and reserved

2 tbsp. canned crushed tomatoes

1 piece Mini Babybel Light cheese,
finely chopped

*Seasonings: garlic powder, dried basil,
onion powder*



Directions

Preheat oven to 375 degrees. Spray a baking sheet with nonstick spray.

Place mushroom caps on the sheet, rounded sides down. Bake until tender, 8 - 10 minutes. Leave oven on.

Meanwhile, in a small bowl, generously season crushed tomatoes. Finely chop half of the mushroom stems (save the rest for another use or discard), and stir into tomatoes.

Blot away excess moisture from mushroom caps. Evenly distribute sauce mixture among the mushroom caps, and sprinkle with finely chopped cheese. Bake until sauce is hot and cheese has melted, about 3 minutes.

MAKES 1 SERVING

Nutrition Information:

Entire recipe (6 stuffed mushrooms):

90 calories

3 g total fat

7 g carbohydrate

10 g protein

Recipe From:

<http://www.hungry-girl.com/recipes/pizza-stuffed-mushrooms>

Health Benefits of Mushrooms

- * Excellent source of Selenium which is good for the bladder
- * Rich source of Vitamins B2 & B3
- * Improve Immune Function
- * Low in Calories
- * High in Iron
- * High in Antioxidants
- * High in Vitamin D



<http://www.littlehomesteaders.com/2014/03/health-benefits-mushrooms>

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