#### STAR Cooking with Sami Stretesky, MS, RD/LD 405-948-4900 x694

# 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.

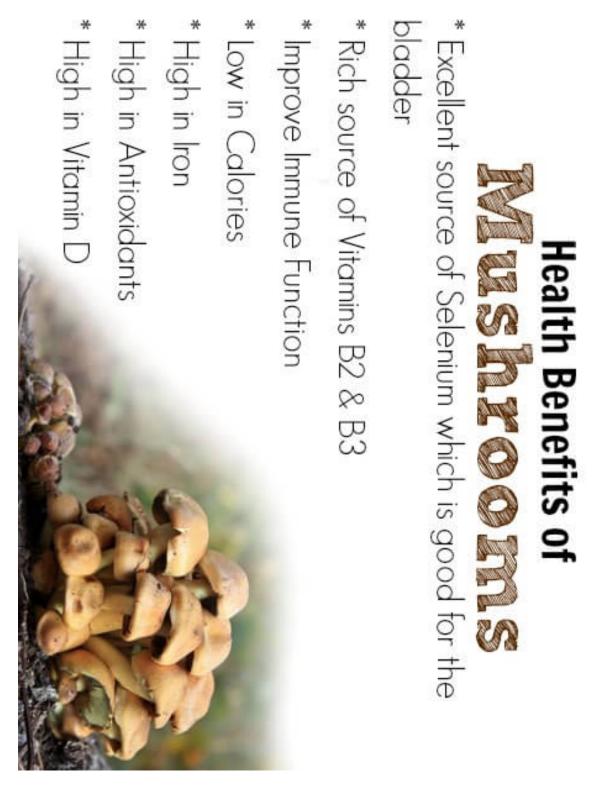
MAKES 1 SERVING

Nutrition Information:

#### Entire recipe (6 stuffed mushrooms):

90 calories3 g total fat7 g carbohydrate10 g protein

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