

Stuffed Mushroom Caps

2 pkgs mushrooms
2 tsp olive oil
2 garlic cloves, minced
1 tbsp fresh parsley, finely chopped
2 tbsp whole wheat breadcrumbs
4 tbsp Parmesan cheese, freshly grated
2-4 tbsp chicken broth, low sodium
freshly ground pepper

- Cut out mushroom stems; chop stems finely.
- In non-stick fry pan, heat 1 tsp oil on medium-high heat. Sauté mushroom caps approximately 3 minutes. Place caps, rounded side down, on baking sheet. Put aside.
- Heat remaining 1 tsp oil in non-stick pan, add minced garlic and chopped stems; sauté about 3 minutes. Stir in parsley, breadcrumbs, 2 tbsp of Parmesan cheese and chicken broth (as needed to moisten). Cook 2 minutes.
- Remove filling from heat and sprinkle with freshly ground pepper.
- Spoon filling into mushrooms. Top with remaining cheese.
- Broil in oven, about 2 minutes. Makes 4 servings.

Recipe by Gary Barone