



Pizza-Stuffed Mushrooms



Entire recipe (6 stuffed mushrooms): 87 calories, 3g total fat (2g sat. fat), 229mg sodium, 7g carbs, 1g fiber, 3.5g sugars, 9.5g protein

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Prep: 5 minutes **Cook:** 15 minutes



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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

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