



## Italian Stuffed Mushrooms



1/2 of recipe (1 stuffed mushroom): 100 calories, 4g total fat (1g sat. fat), 298mg sodium, 12.5g carbs, 2.5g fiber, 4g sugars, 6g protein

**Prep:** 5 minutes    **Cook:** 20 minutes

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### Ingredients

- 2 large portabella mushroom caps (stems removed)
- 1 1/2 tsp. light butter
- 2 tbsp. panko bread crumbs
- 1 tbsp. grated Parmesan cheese
- 1 tsp. chopped garlic
- 1/4 cup marinara sauce with 70 calories or less per 1/2-cup serving

### Seasonings:

- 1/4 tsp. Italian seasoning
- 1/4 tsp. onion powder
- Dash each salt and black pepper

### Directions

Preheat oven to 400 degrees. Lay a large piece of heavy-duty foil on a baking sheet, and spray with nonstick spray.

Place mushroom caps on the center of the foil, rounded sides down. Top with another large piece of foil. Fold together and seal the edges, forming a well-sealed packet. Bake for 12 minutes, or until slightly tender.

In a microwave-safe bowl, microwave butter for 10 seconds, or until melted. Add panko, Parm, garlic, and seasonings. Mix until uniform.

Blot away excess moisture from mushroom caps. Top with marinara sauce, followed by panko mixture.

Bake until mushrooms are tender and toppings are hot, about 5 minutes.

### MAKES 2 SERVINGS

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