



Taco Stuffed Mushrooms



Entire recipe: 167 calories, 5.5g total fat (2.5g sat. fat), 650mg sodium, 15g carbs, 4.5g fiber, 2.5g sugars, 18.5g protein

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



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Ingredients

6 medium baby bella mushrooms (each about 2 inches wide), stems removed
1/2 cup frozen meatless crumbles
2 tsp. taco seasoning
3 tbsp. shredded reduced-fat Mexican-blend cheese, divided
Optional toppings: salsa, light sour cream, sliced jalapeños, cilantro

Directions

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

Place mushroom caps on the sheet, rounded sides down. Bake until tender, 12–14 minutes. Leave oven on.

Meanwhile, to make the filling, add meatless crumbles and taco seasoning in a microwave-safe bowl. Stir to coat. Microwave until hot, about 1 minute. Add 2 tbsp. cheese, and mix well.

Blot away excess moisture from the mushroom caps. Evenly distribute filling among mushroom caps, and top with remaining 1 tbsp. cheese.

Bake until cheese has melted, 2–3 minutes.

MAKES 1 SERVING

HG Alternative: Feel free to use cooked ground turkey or beef in place of the meatless crumbles.

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