

STUFFED MUSHROOMS

MAKES: 6 servings (~3 mushrooms each)

INGREDIENTS

- 1 (16 oz) package of mushrooms
- 1 Tablespoon olive oil
- 1 Tablespoon minced garlic
- 1 (8oz) package cream cheese
- 1/4 cup grated Swiss cheese*
- 1/4 teaspoon black pepper
- 1/4 teaspoon onion powder
- 1/4 teaspoon cayenne pepper

***Try using Parmesan or Asiago cheese instead.**

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DIRECTIONS

Preheat oven to 350°F. Lightly grease a baking sheet with cooking oil or spray. Then clean the mushrooms with a damp paper towel. Carefully remove the stems and place the mushroom caps on the baking sheet. Chop the stems into fine pieces, but discard the tough ends.

In a skillet, heat the oil over medium heat. Then add garlic and chopped mushroom stems. Fry until any moisture has disappeared, but be sure not to burn the garlic. Set aside to cool for 10 minutes. Then stir in cream cheese, Swiss cheese, pepper, onion powder, and cayenne pepper. The mixture should be very thick. Using a spoon, fill each mushroom cap with some stuffing.

Bake for 20 minutes in the oven or until liquid starts to form under the mushroom caps.

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