

Vegetarian Stuffed Mushrooms

INGREDIENTS (serving size: 8)

- Vegetable oil cooking spray
- 16 white button mushrooms
- 1 tablespoon canola oil
- ½ cup celery, finely chopped (about 2 stalks)
- ¼ cup yellow onion, finely chopped
- ¼ cup carrot, finely chopped
- 1 cup low-sodium vegetable broth
- 1 cup plain, whole-grain cubed bread for stuffing, bagged
- ¼ teaspoon garlic powder
- ¼ teaspoon thyme
- ¼ teaspoon ground black pepper

NUTRITION INFORMATION: 290 Calories; 14 grams Fat; 2.5 grams Saturated Fat; 70 mg Cholesterol; 200 mg Sodium; 10 grams Carbohydrates; 7 grams Sugar; 1 gram Fiber; 30 grams Protein

DIRECTIONS

1. Preheat oven to 350 degrees Fahrenheit. Spray 9 X 13-inch baking pan with cooking spray.

2. Wash mushrooms and remove stems. Chop stems and set mushroom caps aside. Over medium heat, add canola oil to large sauté pan. Add chopped mushroom stems, celery, onions, carrots, broth, cubed bread, garlic powder, parsley, thyme and black pepper to pan and cover.

3. Allow to simmer for 5-8 minutes, stirring occasionally, until cubed bread is rehydrated. Allow stuffing mixture to cool. Generously fill mushroom caps and place in a single layer on baking pan. Bake for 30 minutes.