

Sausage Stuffed Mushrooms

So good, you may want to make a double batch!

Ingredients

16 medium white button mushrooms (1 pound)
¼ pound ground hot turkey sausage
2 ounces light cream cheese
1 green onion, thinly sliced
1/8 tsp salt
1/8 tsp pepper
Parsley for garnish



Directions

1. Preheat the oven to 375 degrees and spray a sheet pan with cooking spray.
2. Wipe mushrooms clean with damp cloth. Carefully twist out the stem and place caps on baking sheet. Chop stems and set aside.
3. Saute turkey sausage, and chopped mushroom stems to skillet over medium high heat and brown well. Remove from heat and drain.
4. While still hot, combine sausage & mushroom mixture with cream cheese, green onion, salt & pepper. Stir to mix and stuff each mushroom cap with a heaping spoonful of the stuffing.
5. Bake stuffed mushrooms for 15 minutes or until mushrooms are tender. Sprinkle with parsley. Serve hot.

Makes 4 servings

Nutrition Facts:

Calories 135
Total Fat 8g
Effective Carbohydrates 4g
Dietary Fiber 1g
Protein 13g

From The Good Carb Chef