



Tight End Sausage Stuffed Mushrooms

Serves: 6

Hands-on time: 15 minutes

Total time: 35 minutes

INGREDIENTS:

- 1 tsp plus 1 tbsp olive oil, divided
- 1/2 pkg (about 7 oz) fresh (not precooked) hot Italian chicken sausage, casings removed
- 1 pkg (10 oz) cremini mushrooms, stemmed (NOTE: Remove stem entirely to create a cavity for filling.)
- 1/2 cup grated Parmesan cheese

INSTRUCTIONS:

1. Preheat oven to 400°F.
2. In a large skillet on medium-high, heat 1 tsp oil. Add sausage to pan, stirring and breaking up with the back of a wooden spoon. Cook until just browned, about 4 minutes. Remove from heat and transfer to a cutting board; let cool slightly then roughly chop and set aside.
3. Line a large, rimmed baking sheet with foil and drizzle with remaining 1 tbsp oil. Arrange mushrooms cavity side up, then spoon in sausage and top with cheese. Roast mushrooms for 20 minutes; remove from oven, transfer to a tray and let cool 5 minutes. Arrange on a platter and serve warm.

Nutrients per serving (1/6 of recipe): Calories: 120, Total Fat: 8 g, Sat. Fat: 3 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 1.5 g, Carbs: 3 g, Fiber: 0 g, Sugars: 1 g, Protein: 9 g, Sodium: 306 mg, Cholesterol: 33 mg