



Baked Parmesan Mushroom Dip

	<u>1 cup</u>	<u>3 cups</u>	<u>6 cups</u>
Mayonnaise	0.3 cup	1 cup	2 tsp
Sour Cream	0.25 cup	0.75 cup	1.5 each
Green Onions, sliced thin	2.5 TBSP	0.5 cup	1 cups
Baby Bella Mushrooms, sliced thin	1.5 TBSP	0.3 cup	.5 cup, 2 TBSP
Sun Dried Tomatoes, Diced	1 TBSP, 1 tsp	0.25 cup	0.5 cups
Parmesan Cheese, grated	1.5 TBSP	0.3 cup	.5 cup, 2 TBSP
Put on top:			
Parmesan Cheese, grated (Preheat oven to 350)	1 TBSP, 1 tsp	0.25 cup	0.5 cups

1. Mix all ingredients in a bowl, making sure to blend the Mayonnaise and Sour Cream well.
2. Spoon it into a baking dish that you will use to serve the dip from. Top it with the 2nd Parmesan Cheese.
3. Bake at 350 for about 40 minutes or until it is 180 degrees and golden brown and bubbly. Remember, the larger the volume the longer it takes to cook. If you are cooking it from the refrigerator, add a little time to warm up the very chilled ingredients and chilled casserole. If it starts getting dark, you can cover it.

Notes:

Serve with toasted breads (crostini) or crackers. We like Wheat Ritz with it.

You can also spread this on toasts and then bake them. It's pretty with green onion sprinkled on top

You can use low fat dairy products if you wish. I don't because I'm counting carbs, not fat.

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