



Stuffed Mushrooms

	<u>6 ea</u>	<u>1 dz</u>	<u>4 dz</u>
Baby Bella Mushrooms, large	8 each	14 each	52 each
Extras are used to chop up and use in stuffing.			
Olive Oil	1 TBSP	2 TBSP	6 TBSP
Minced Garlic, jar kind works well	0.5 tsp	1 tsp	1 TBSP
Green Onion, finely chopped	3 TBSP	6 TBSP	1.5 Cups
Mayonnaise	0.25 cup	0.5 cup	2 cups
Cheddar Cheese, shredded*	0.25 cup	0.5 cup	2 cups
Parmesan Cheese, shredded	0.25 cup	0.5 cup	2 cups
Flax, ground	2 tsp	1 TBSP 1 tsp	0.25 cup
Basil, chopped, dried	1 tsp	2 tsp	1 TBSP
Parsley, chopped, dried	2 tsp	1 TBSP 1 tsp	0.25 cup
Pepper	0.25 tsp	0.5 tsp	2 tsp

(Preheat oven to 300 degrees)

1. Clean the outside of the mushrooms (wipe them with a paper towel). Cut out the stem.
Use a sharp sided teaspoon or a melon baller and shave out as much inside as you can.
Set the mushrooms right side up, in the baking pan. Chop the insides and the additional mushrooms. These chopped up mushrooms will be the base for the stuffing.
2. Heat the Olive Oil in a frying pan. Saute the Chopped Mushrooms, Garlic, and Green Onion about 4 minutes, more if you are making a larger batch. Remove from heat.
3. Stir in Mayonnaise, Cheddar Cheese, Parmesan Cheese, Flax, Basil, Parsley, and Pepper
4. Use a small scoop or spoon to fill the mushrooms. Bake for 10 min. or until bubbly on top.
Mushrooms can be prepped and stored for baking. Increase the temp to 325 and bake about 15 minutes if you are baking from chilled mushrooms.
Garnish with a sprinkle of Parmesan Cheese

Notes: Make this dairy free by leaving out the Cheddar and using double dairy free Parmesan.
This is gluten free and low carb; the flax provides a binding agent and healthy fiber.
Flax releases oils, so in larger amounts, the proportionate amount is decreased to avoid a greasy product. That is also why it's added after the saute phase.