

Stuffed mushrooms : a healthy eating recipe / Tesco.

Contributors

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RECIPE Collection

Stuffed Mushrooms

INGREDIENTS

- 4 large Open Mushrooms
- 1 clove Garlic, crushed
- 125g (4 oz) Healthy Eating Cottage Cheese
- 1 small Red Pepper, finely chopped
- 1 x 15ml sp (1 tbsp) finely chopped Parsley
- 50g (2 oz) freshly made Breadcrumbs
- Salt and Ground Black Pepper
- 4 sprigs Basil
- small French Stick

A HEALTHY EATING RECIPE

TESCO

Healthy Eating

Stuffed Mushrooms

METHOD

Serves 4

COOKING TIME
35 MINUTES

COOKING
TEMPERATURE
190°C/375°F/GAS MARK 5

- 1 Cut the stalks out of the mushrooms and finely chop. Mix the chopped stalks with the rest of the ingredients (except the basil and french stick).
- 2 Pile the cottage cheese mixture into the mushrooms. Place in an ovenproof dish and cover. Cook in the centre of the oven for 35 minutes, then brown under a hot grill.
- 3 Remove from the dish. Place each one on a serving plate and garnish with the basil. Serve with sliced and toasted french bread.

NUTRITION INFORMATION PER SERVING

Energy	Fat	Protein	Carbohydrate	Fibre
178 Calories (kcal)	2 g	11 g	29 g	2 g

All lines subject to availability at Tesco

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