

# Daves Herb-Stuffed Mushrooms

Rating: ★★★★★

Makes: 4 Servings

Stuffing mushrooms just makes something wonderful even better! But what you stuff in these tasty little vegetables can make or break the dish. Typically, mushrooms are stuffed with foods containing saturated fats and sodium. So, if you're trying to watch one or both of these, consider various herbs and spices - they do a nice job of seasoning many of my favorite foods! Enjoy! - Dave, ChooseMyPlate Nutritionist and Webmaster

## Ingredients

8 large mushrooms (approx. 3" in diameter)  
4 cloves garlic  
3/4 cup white onion  
3 teaspoons olive oil  
1/2 teaspoon dried parsley  
1/2 teaspoon dried sage  
1/2 teaspoon dried rosemary  
1/2 teaspoon dried thyme  
1/4 cup whole-wheat bread crumbs  
1/4 cup sun-dried tomatoes (chopped fine)  
3/4 cup canned, drained, no-salt added chickpeas (garbanzo beans)  
1 teaspoon lemon juice  
cooking spray

## Directions

1. Preheat oven to 375°F.
2. Clean mushrooms with a paper towel or vegetable



## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	149	
Total Fat	5 g	8%
Protein	6 g	
Carbohydrates	22 g	7%
Dietary Fiber	5 g	20%
Saturated Fat	1 g	5%
Sodium	199 mg	8%

## MyPlate Food Groups

Vegetables	1 1/4 cups
Grains	1/2 ounce

brush; remove stems to use for the filling.

3. While oven is warming, put mushroom caps (open side down) in oven for 10 minutes. This will prepare the caps for stuffing.

4. Chop the garlic and onions and sauté with 1 tsp olive oil. One minute before they are finished, add the four herbs. After 1 minute, remove from heat.

5. In a large bowl, mash mushroom stems and chickpeas.

6. Add all other ingredients. Mix well.

7. Lightly spray a baking sheet and the mushroom caps.

8. Stuff the mushrooms with the mixture and place on baking sheet.

9. Bake for 15-18 minutes or until the stuffing is golden brown.

10. Remove from oven, sprinkle with an herb of your choice, and enjoy.

USDA Center for Nutrition Policy and Promotion