Snack

Baked Mushroom Caps with Turkey Sausage

Tender mushroom caps are loaded with a savory turkey sausage and vegetable filling, with melted mozzarella and Parmesan stirred right in, then baked until the tops turn crisp and golden.



Nut free

66 min	70	5 g	1 g
time	calories	carbs	sugars

Ingredients, 6 servings

- [ ] 1 spray, 0.25 g nonstick cooking spray
- [ ] 6 (about 8 oz) white (button) mushrooms (extra-large)
- [ ] 2 tsp olive oil (divided)
- [ ] 2 tsp balsamic vinegar
- [ ] 1/4 small onion(s) (diced)
- [ ] 1/4 med green bell pepper (diced)
- [ ] 2 oz lean turkey breakfast sausage
- [ ] 2 tbsp gluten-free bread crumbs
- [ ] 1 tbsp reduced-fat, shredded mozzarella cheese (reduced-fat, shredded)
- [ ] 1 tbsp grated Parmesan cheese

Nutrition Facts

Per serving

Calories	70
Total fat	4 g
Saturated fat	1 g
Sodium	115 mg
Total carbs	5 g
Fiber	1 g
Total sugars	1 g
Protein	4 g

Method

- [ ] 1 Set the oven to 325 degrees F and use the nonstick cooking spray to coat a square baking dish.
- [ ] 2 Once the stems have been pulled from the extra-large white button mushrooms, chop the stems into small pieces and keep them nearby for later.
- [ ] 3 For the caps, whisk the balsamic vinegar together with 1 tsp of the olive oil in a bowl, turn the caps through the mixture until coated, and leave them to one side.
- [ ] 4 Place a medium skillet over medium heat, warm the last tsp of olive oil in it, and tip in the diced small onion, the diced green bell pepper, and the reserved chopped stems, letting everything sauté for 3 minutes.
- [ ] 5 Crumble the lean turkey breakfast sausage into the pan and keep it moving as it cooks for 8 to 10 minutes, until it is browned all the way through.
- [ ] 6 The gluten-free bread crumbs go in next; work them through the pan so they spread evenly among the other ingredients, then add the reduced-fat shredded mozzarella cheese and let it melt.
- [ ] 7 Pull the pan off the heat before stirring the grated Parmesan cheese through the filling.
- [ ] 8 Spoon about 1 heaping tbsp of the sausage mixture into each cap, nestle the filled mushrooms into the prepared dish, and give them 40 minutes in the oven, or until the stuffing forms crispy tops.

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