Snack, Mediterranean

Baked Mushrooms with Tomato Basil Filling

Tender mushroom caps hold a savory filling of sauteed tomatoes, garlic, and basil stirred with melted cheese, then get a final drizzle of balsamic vinegar.



Gluten free | Nut free

30 min	80	7 g	2 g
time	calories	carbs	sugars

Ingredients, 7 servings

- [ ] 1 pints grape tomatoes
- [ ] 2 tsp olive oil
- [ ] 2 clove garlic
- [ ] 2 tsp dried basil
- [ ] 1/3 cup 2% mozzarella cheese (shredded)
- [ ] 2 tbsp freshly grated parmesan cheese
- [ ] 14 oz (about 14 mushrooms) large "stuffer" mushrooms
- [ ] 1 tbsp balsamic vinegar

Nutrition Facts

Per serving

Calories	**80**
Total fat	3 g
Saturated fat	1 g
Sodium	80 mg
Total carbs	7 g
Fiber	1 g
Total sugars	2 g
Protein	4 g

Method

- [ ] **1** Heat the oven to 350°F.
- [ ] **2** Quarter the grape tomatoes and set them aside.
- [ ] **3** Warm the olive oil in a skillet, then add the garlic and cook for about 1 minute.
- [ ] **4** Stir in the grape tomatoes and keep sauteing for about 4 minutes more.
- [ ] **5** Take the skillet off the heat and fold in the dried basil, shredded 2% mozzarella cheese, and freshly grated parmesan cheese.
- [ ] **6** Remove the stems from the large stuffer mushrooms and spoon the tomato mixture into each cap.
- [ ] **7** Bake the filled mushrooms for 15 minutes.
- [ ] **8** Let them cool slightly, then drizzle with the balsamic vinegar and serve warm.

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