Dinner

Hearty Mushroom and Walnut Mini Loaves

Finely chopped mushrooms, toasty walnuts and sweet sun dried tomatoes bake into individual savory loaves seasoned with Italian herbs.



Vegetarian

75 min	280	28 g	9 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1 spray, 0.25g nonstick cooking spray
- [ ] 1 tbsp olive oil
- [ ] 1/2 large onion(s) (finely chopped)
- [ ] 12 oz mixed mushrooms ((white, cremini, Portobello, or others) stemmed, cleaned, and finely chopped)
- [ ] 1/3 cup red bell pepper (finely chopped)
- [ ] 1/3 cup rehydrated sun-dried tomatoes (minced)
- [ ] 1 tsp Italian seasoning
- [ ] 1/2 tsp kosher salt
- [ ] 1/4 tsp freshly ground black pepper
- [ ] 1 large eggs (beaten)
- [ ] 3/4 cup panko bread crumbs
- [ ] 1/2 cup fat-free milk
- [ ] 1/2 cup walnuts (finely chopped)

Nutrition Facts

Per serving

Calories	**280**
Total fat	16 g
Saturated fat	2 g
Sodium	200 mg
Total carbs	28 g
Fiber	4 g
Total sugars	9 g
Protein	13 g

Method

- [ ] **1** Give the oven time to come up to 350°F and mist four 8 ounce ramekins with the nonstick cooking spray, then leave them nearby.
- [ ] **2** Pour the olive oil into a large skillet set over medium heat, then tip in the chopped onion together with the stemmed, cleaned mixed mushrooms and cook everything for 10 minutes, until it turns richly browned.
- [ ] **3** Tumble the red bell pepper and the rehydrated sun-dried tomatoes into the skillet and give them about 8 minutes of sautéing.
- [ ] **4** Season everything with the Italian seasoning, the Kosher Salt and the freshly ground black pepper, sautéing for just 1 minute more.
- [ ] **5** Scrape the mushroom mixture into a large bowl and let it sit for 2 minutes so it cools down.
- [ ] **6** Fold in the beaten egg, the panko bread crumbs, the fat-free milk and the finely chopped walnuts, working with a light hand.
- [ ] **7** Spoon the mixture into the waiting ramekins and press it down firmly so each one is evenly filled.
- [ ] **8** Arrange the filled ramekins on a baking sheet and slide them into the oven for 30-35 minutes, by which point the tops should be nicely browned.
- [ ] **9** Free each loaf by running a knife along the inside edge of its ramekin.

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