

Shrimp Stuffed Mushrooms

Ingredients:

1 16oz package fresh button mushrooms
2 cloves garlic, minced
2 tsp olive oil
1/4 cup low-fat cream cheese, softened
1/4 cup finely grated parmesan
1/4 tsp black pepper
1/4 tsp onion powder
1/8 tsp cayenne pepper
1/2 cup canned artichoke heart, drained and chopped
1/2 cup frozen medium ready-to-eat shrimp, defrosted, drained and chopped

Preheat oven to 375 degrees.

Separate the stems from the caps of the mushrooms. Spray the bottom of a 9x11 inch (or larger) baking pan with cooking spray. Place the caps, upside down and side-by-side in the pan. Cut off and discard the tough ends of the stem. Finely chop the stems.

In a medium skillet, sautee the stems and the garlic in the olive oil until the mushroom juices release and evaporate. There should be only a little liquid in the pan. Mix in cream cheese, parmesan and spices until combined. Mix in artichoke hearts and shrimp.

Fill mushroom caps with approximately 1 tbsp of mixture. Mushrooms will appear "overfull". Bake in oven for 20 minutes. Allow to cool 5 - 10 minutes before serving.

(Recipe by Katie Johnson, modified by Louise Hughes.)
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