



Herb Stuffed Mushrooms

A crunchy panko topping and plenty of fresh herbs, these mushrooms are classically elegant.

Makes 10 Servings

Ingredients

24 large white or brown mushrooms (2 to 2½ inches across)
3 tbsp olive oil, divided
2 shallots, finely chopped
9 tbsp whole-wheat panko bread crumbs, divided
1 large egg white, lightly beaten
1½ tsp chopped fresh chives
1½ tsp chopped fresh oregano
1½ tsp chopped fresh flat-leaf parsley
1 tsp sea salt
½ tsp ground black pepper

* Switch things up by replacing oregano with basil, rosemary, or sage

Steps

1. Carefully pull stems from 20 mushroom caps and set caps aside. Finely chop stems and 4 remaining mushrooms. In a skillet over medium, heat 2 tbsp oil. Add chopped mushrooms and cook, stirring occasionally, until liquid has evaporated (4 minutes). Add shallots and cook until shallots are tender (3 minutes). Transfer to a medium bowl and stir in 6 tbsp panko. Set aside to cool slightly.
2. Preheat oven to 350°. Mist a large rimmed baking sheet with cooking spray and arrange mushroom caps on top, stem side up.
3. Into chopped mushroom mixture, stir egg white, chives, oregano, parsley, salt, and pepper. Spoon mixture into mushroom caps, slightly mounding over top.
4. In a small bowl, combine remaining 1 tbsp oil and 3 tbsp panko. Spoon panko mixture onto mushrooms. Bake until mushrooms are tender and topping is browned (30 minutes).
5. Let cool slightly then arrange mushrooms on a serving platter. Garnish with additional chives, oregano leaves, and parsley leaves. Serve warm.

Nutrition Information

71 Calories | 6g Carbohydrates | 4.5g Fat | 0.5g Saturated Fat | 1g Fibre | 3g Protein | 206mg Sodium | 2g Sugar

Source: www.cleaneatingmag.com