

Stuffed Mushrooms

Ingredients:

1 clove garlic diced

1/2 bell pepper chopped

1/3 onion chopped

12-14 mushrooms

1/4 red, yellow bell pepper or 1/4 anaheim pepper

3-4 tbsp chicken broth

1/2 piece whole grain toast (toasted and crumbled to soft bread crumbs) (.5 points)

seasoned pepper to taste

salt to taste

Directions: Remove mushroom stems and dice. Saute garlic, peppers, onions, in 1-2 tbsps chicken broth till tender (5 minutes). Add 1 tbsp broth and remove from heat. Stir in bread crumbs, season pepper, salt and other spice to taste. Stuff stuffing into 12-14 mushroom caps. Place on foil lined tray pre sprayed with butter, garlic or olive oiled flavored cooking spray. Bake 15 minutes at 350 degrees.

Serving size = 12 mushrooms @ .5 points, .5 points plus

ADD INS: 1 pt. add ins pre saute: 1 oz chicken breast, oysters (3 med), 2 oz (1/2 cup) crab, 2 oz (1/2 cup) scallops;

2 pt. add with bread to saute mixture: 3 slices Oscar Meyer ready to serve bacon, microwaved crisp and crumbled. 20 peanuts toasted and chopped, 11 almonds toasted and chopped, 3 pecan halves toasted and chopped

3 pt pre saute add in: 1 patty beef or pork sausage

