

PESTO STUFFED MUSHROOMS

INGREDIENTS:

20 Crimini mushrooms, cleaned, stems removed

Filling:

2 cups Basil Leaves, fresh

2 tbsp. Pinenuts

2 tbsp. Parmesan Cheese, fresh

1 tbsp. Olive Oil

1 tbsp. Fresh garlic, minced

2 tspn. Lemon juice

1/2 tspn. Kosher Salt

Topping:

2 cups Panko Bread Crumbs

1 tbsp. Olive Oil

1/4 cup Butter, melted

3 tbsp. Parsley, freshly chopped

METHOD:

- Preheat oven to 350°F.
- Clean mushrooms of any dirt or debris and align the mushroom caps upside down on a baking pan.
- In food processor, place all filling ingredients and process until evenly mixed.
- In separate bowl, mix Panko Bread Crumbs, butter, and fresh parsley.
- Fill each mushroom generously with filling, then sprinkle Panko mixture on top of the filling. *(Each mushroom should have about 1 teaspoon of Panko topping on it).* Pat down so that the crust mixture sticks.
- Then place in oven for about 15 minutes. If making these a day ahead simply just cover and refrigerate until needed. The size of the mushroom will determine the cooking time. Be sure to check on the mushrooms after ten minutes to gauge the remaining time if any.

Serves: 20

Serving Size: 1 mushroom

Calories: 45

Fat: 2 grams

