



Delicious Stuffed Mushroom

Ingredients

- 12 whole fresh mushrooms
- 1 tablespoon vegetable oil
- 1 tablespoon minced garlic
- 8 ounces cream cheese, softened
- ¼ cup grated Parmesan cheese
- ¼ teaspoon ground black pepper
- ¼ teaspoon onion powder
- ¼ teaspoon ground cayenne pepper

Instructions

1. Preheat your oven to 350°F (175°C) and lightly grease a baking sheet with cooking spray.
2. Clean the mushrooms gently with a damp paper towel. Carefully remove the stems and finely chop them, discarding any tough ends.
3. In a skillet over medium heat, warm the vegetable oil. Add the minced garlic and chopped mushroom stems, cooking until all moisture evaporates. Be careful not to burn the garlic. Remove from heat and let cool.
4. In a bowl, combine the sautéed garlic and stems with the softened cream cheese, Parmesan, black pepper, onion powder, and cayenne. Mix well — the filling will be thick.
5. Spoon the mixture generously into each mushroom cap and arrange them on the prepared baking sheet.
6. Bake for about 20 minutes, or until the mushrooms are hot and the filling is slightly golden.
7. Remove from oven, serve immediately, and enjoy!