



Stuffed Mushroom

Ingredients

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

Instructions

1. Prep the oven and pan:

Preheat your oven to 350°F (175°C). Lightly coat a baking sheet with cooking spray.

2. Clean and prep mushrooms:

Wipe mushrooms clean with a damp paper towel. Gently remove stems and finely chop them, discarding the tough ends.

3. Cook the filling:

In a skillet over medium heat, warm the oil. Add garlic and chopped mushroom stems. Sauté until all moisture evaporates and the mixture is fragrant, about 5–7 minutes. Let cool slightly.

4. Mix the stuffing:

In a bowl, combine the cooked mushroom mixture with cream cheese, Parmesan, black pepper, onion powder, and cayenne. Stir until smooth and thick.

5. Fill and bake:

Spoon the filling generously into each mushroom cap. Place them on the prepared baking sheet. Bake for about 20 minutes, or until hot and lightly golden on top.

6. Serve:

Let cool slightly, then serve warm and enjoy!