



Stuffed Mini Bellas

PREP TIME

15 min

TOTAL TIME

35 min

Nutrition Information Per Serving

Makes 10 servings

FAT

12g

PROTEIN

7g

CARBS

3g

CALORIES

147

Ingredients

20 Mini bella mushrooms, stems removed

6 oz cream cheese

½ pound pork breakfast sausage

2 garlic cloves, minced

⅓ cup + 2 Tbsp Parmesan cheese, grated

Red pepper flakes

Seasoned salt, light sprinkling

Instructions

1. Preheat oven to 425 degrees F.
2. Brown sausage in a skillet over medium heat.
3. Reduce to low heat and add red pepper flakes, cream cheese, seasoned salt, and $\frac{1}{3}$ cup Parmesan cheese.
4. Stir until well combined. Remove mixture from heat.
5. Stuff mixture into stemmed mushrooms.
6. Put mushrooms on foil lined baking sheet.
7. Top mushrooms with the 2 Tbsp Parmesan cheese.
8. Bake 20 minutes on middle rack.
9. ENJOY!

Recipe courtesy of Virta Patient, Denise L.