

appetizer

Chicken Stuffed Mushrooms

hhgregg
FINE | LINES

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Ingredients:

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|---------|-------------------------------|-----------|---------------------------------|
| 1/4 cup | chopped onion (about 1 small) | 1 1/2 tsp | finely chopped gingerroot |
| 2 tbsp | chopped fresh cilantro | 2 tsp | reduced-sodium soy sauce |
| 3 tbsp | cholesterol-free egg product | 1 clove | garlic – finely chopped |
| | OR | 1/2 pound | ground chicken |
| 3 tbsp | egg white | 12 | large mushrooms – stems removed |
| 1 tbsp | Dijon mustard | | |

Directions:

Heat oven to 450°F. Spray cookie sheet with nonstick cooking spray.

Mix all ingredients except mushrooms.

Fill mushroom caps with chicken mixture.

Place mushrooms, filled sides up, on cookie sheet.

Bake 7 to 10 minutes or until tops are light brown and chicken mixture is done.

Serve hot.

Note:

For a deeper mushroom flavor, look for cultivated wild mushrooms, such as cremini, for this appetizer.

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Makes 12 Servings

Source: "hhgregg – Fine Lines" www.hhgreggfinelines.com.