

Appetizer

Chicken Stuffed Mushrooms

Ingredients:

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.

Notes:

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

Makes 12 Servings

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