

hhgregg
FINE | LINES

Appetizer

Chicken Stuffed Mushrooms

Ingredients:

1/4 cup chopped onion (about 1 small)

2 tbsp chopped fresh cilantro

3 tbsp cholesterol-free egg product

OR

3 tbsp egg white

1 tbsp Dijon mustard

1 1/2 tsp finely chopped gingerroot

2 tsp reduced-sodium soy sauce

1 clove garlic – finely chopped

1/2 pound ground chicken

12 large mushrooms – stems removed

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.