

Cheesy Barley Stuffed Mushrooms

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Servings: 6

Yield: 24 mushrooms

24 medium-size button mushrooms
1 tablespoon butter
4 green onions, chopped
1/4 cup oil-packed sun-dried tomatoes, chopped
1 cup cooked barley
1 tablespoon fresh or 1 teaspoon dried oregano
2 ounces (1/2 cup) Fontina cheese (or white Cheddar), shredded
2 tablespoons freshly grated Parmesan cheese

Bake: 20 minutes

Preheat the oven to 350 degrees.

Remove the stems from the mushroom caps. Reserve the caps. Dice the stems or reserve for another use.

Melt the butter in a skillet over medium-high heat. Add the diced stems (if using) and the onion. Saute' for 10 minutes until the liquid evaporates.

In a bowl, combine the mushroom mixture, tomatoes, barley, oregano and cheese. Spoon the mixture evenly into the mushroom caps.

Place the mushroom caps on a baking sheet. Sprinkle with the Parmesan cheese.

Bake for 20 minutes or until tender.

Per Serving (excluding unknown items): 120 Calories; 3g Fat (18.6% calories from fat); 6g Protein; 22g Carbohydrate; 5g Dietary Fiber; 5mg Cholesterol; 33mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Vegetable; 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	120	Vitamin B6 (mg):	.3mg
% Calories from Fat:	18.6%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	64.0%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	17.4%	Riboflavin B2 (mg):	1.3mg
Total Fat (g):	3g	Folacin (mcg):	69mcg

Saturated Fat (g): 1g
Monounsaturated Fat (g): 1g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 5mg
Carbohydrate (g): 22g
Dietary Fiber (g): 5g
Protein (g): 6g
Sodium (mg): 33mg
Potassium (mg): 1089mg
Calcium (mg): 25mg
Iron (mg): 34mg
Zinc (mg): 2mg
Vitamin C (mg): 13mg
Vitamin A (i.u.): 113IU
Vitamin A (r.e.): 22RE

Niacin (mg): 12mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 1/2
Lean Meat: 0
Vegetable: 3
Fruit: 0
Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 120 Calories from Fat: 22

% Daily Values*

Total Fat	3g	4%
Saturated Fat	1g	6%
Cholesterol	5mg	2%
Sodium	33mg	1%
Total Carbohydrates	22g	7%
Dietary Fiber	5g	21%
Protein	6g	
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Vitamin A		2%
Vitamin C		22%
Calcium		2%
Iron		189%

* Percent Daily Values are based on a 2000 calorie diet.