

Chicken-and-Raisin-Stuffed Mushrooms

*All-Time Favorites 2012 Cookbook
Better Homes and Gardens Magazine*

Servings: 15

*15 fresh mushrooms, 2-1/2 to
3-inches in diameter
3 tablespoons butter
1/4 cup (two) green onions, thinly
sliced
1 clove garlic, minced
3/4 cup (4 ounces) cooked chicken or
turkey, finely chopped
2 tablespoons fine dry bread crumbs
2 tablespoons Parmesan cheese, grated
2 tablespoons smoke-flavor almonds,
finely chopped
2 tablespoons golden raisins, chopped
1 tablespoon snipped fresh parsley
olive oil*

Preparation Time: 30 minutes

Bake:

Preheat oven to 425 degrees.

Remove and discard the stems from the mushrooms. Set the mushroom caps aside.

For the filling, in a small saucepan melt the butter over medium heat. Add the green onions and garlic. Cook and stir about 2 minutes or until tender.

Remove from the heat. Stir in the chicken, bread crumbs, cheese, almonds, raisins and parsley. Set the filling aside.

Place the mushrooms, stemmed sides down, in a 15x10x1-inch baking pan. Bake for 5 minutes.

Turn the mushrooms stemmed sides up. Brush the mushrooms with oil. Divide the filling among the mushrooms.

Bake for 8 to 10 minutes more or until heated through.

Per Serving (excluding unknown items): 32 Calories; 3g Fat (67.7% calories from fat); 1g Protein; 2g Carbohydrate; trace Dietary Fiber; 7mg Cholesterol; 37mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	32
% Calories from Fat:	67.7%
% Calories from Carbohydrates:	23.7%
% Calories from Protein:	8.6%
Total Fat (g):	3g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	7mg
Carbohydrate (g):	2g
Dietary Fiber (g):	trace
Protein (g):	1g
Sodium (mg):	37mg
Potassium (mg):	80mg
Calcium (mg):	12mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	1mg
Vitamin A (i.u.):	93IU
Vitamin A (r.e.):	23RE

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	4mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 15

Amount Per Serving

Calories 32	Calories from Fat: 22
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% Daily Values*

Total Fat 3g	4%
Saturated Fat 2g	8%
Cholesterol 7mg	2%
Sodium 37mg	2%
Total Carbohydrates 2g	1%
Dietary Fiber trace	1%
Protein 1g	
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Vitamin A	2%
Vitamin C	1%
Calcium	1%
Iron	1%

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