

Mushroom, Walnut & Thyme Cheesecake

*Erika Szymanski - Pullman, WA
Taste of Home Magazine - November 2013*

Servings: 24

CRUST

1 cup dry bread crumbs

1/4 cup butter, melted

FILLING

1 tablespoon butter

1/2 pound baby portobello

mushrooms, chopped

1 clove garlic, minced

1/3 cup chopped walnuts

1 tablespoon minced fresh thyme OR

1 teaspoon dried thyme

1 teaspoon reduced-sodium soy sauce

1/4 teaspoon white pepper

*2 packages (8 ounce ea) cream cheese,
softened*

1/2 cup plain Greek yogurt

2 eggs, lightly beaten

Preparation Time: 35 minutes

Bake: 25 minutes

Preheat the oven to 325 degrees.

In a small bowl, mix the bread crumbs and butter. Press onto the bottom of a greased nine-inch springform pan. Place the pan on a baking sheet. Bake for 15 to 17 minutes or until golden brown. Cool on a wire rack.

In a large skillet, heat the butter over medium-high heat. Add the mushrooms. Cook and stir until tender. Add the garlic and cook for 1 minute longer. Stir in the walnuts and cook until toasted. Stir in the thyme, soy sauce and pepper. Remove from the heat and cool completely.

In a large bowl, beat the cream cheese until smooth. Beat in the yogurt. Add the eggs. Beat on low speed just until blended. Fold in the mushroom mixture. Pour over the crust. Return the pan to the baking sheet.

Bake for 25 to 30 minutes or until the center of the cheesecake is just set and the top appears dull.

Cool for 10 minutes on a wire rack. Loosen the sides of the pan with a knife. Cool for one hour longer.

Refrigerate overnight.

Remove the rim from the pan.

Add whole wheat bread crumbs to the crust for even more nuttiness.

Per Serving (excluding unknown items): 123 Calories; 11g Fat (77.3% calories from fat); 3g Protein; 4g Carbohydrate; trace Dietary Fiber; 45mg Cholesterol; 135mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 2 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	123	Vitamin B6 (mg):	trace
% Calories from Fat:	77.3%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	13.1%	Thiamin B1 (mg):	trace
% Calories from Protein:	9.6%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	11g	Folacin (mcg):	7mcg
Saturated Fat (g):	6g	Niacin (mg):	trace
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	45mg	% Refused:	0.0%
Carbohydrate (g):	4g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	3g	Lean Meat:	1/2
Sodium (mg):	135mg	Vegetable:	0
Potassium (mg):	49mg	Fruit:	0
Calcium (mg):	30mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	2
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	trace		
Vitamin A (i.u.):	392IU		
Vitamin A (r.e.):	112RE		

Nutrition Facts

Servings per Recipe: 24

Amount Per Serving

Calories 123 **Calories from Fat:** 95

% Daily Values*

Total Fat 11g	17%
Saturated Fat 6g	30%
Cholesterol 45mg	15%
Sodium 135mg	6%
Total Carbohydrates 4g	1%
Dietary Fiber trace	1%
Protein 3g	
Vitamin A	8%
Vitamin C	0%
Calcium	3%
Iron	4%

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