

Mushrooms Au Gratin

Jody Newton

Apple Pie and Sisterhood; Favorite Recipes From Tri Kappa

Servings: 4

*3 tablespoons butter or
margarine
1 pound fresh mushrooms,
sliced
1/3 cup onion, chopped
salt (to taste)
pepper (to taste)
1 carton (8 ounce) sour
cream
1 tablespoon flour
Parmesan cheese
Dry bread crumbs*

In a large skillet, melt the butter. Add the mushrooms, onion, salt and pepper. Cover. Simmer over medium-low heat for 7 to 10 minutes or until tender. Drain. Spoon the mushrooms into a lightly greased shallow 1-1/2-quart baking dish.

In a bowl, combine the sour cream and flour. Mix well. Spread over the mushrooms. Sprinkle with Parmesan cheese and bread crumbs.

Broil for 3 to 5 minutes until lightly browned.

Per Serving (excluding unknown items): 239 Calories; 21g Fat (76.4% calories from fat); 5g Protein; 10g Carbohydrate; 2g Dietary Fiber; 49mg Cholesterol; 123mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 0 Non-Fat Milk; 4 Fat.