

Mushroom Stuffed with Sausage

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*1/2 pound pork or Italian
sausage.*

1/4 cup chopped onion

*1/2 cup seasoned bread
crumbs*

1 egg, beaten

*1 pound mushrooms,
cleaned and stemmed*

Preheat the oven to 350 degrees.

In a skillet, cook the sausage and onion until the
sausage is browned and the onion is tender.
Drain off the excess fat. Cool slightly.

In a bowl, mix the breadcrumbs and egg with the
sausage and onions.

Fill the mushroom caps. Place the mushroom
caps, filled side up, in a baking pan. Add warm
water to cover the bottom of the mushrooms.

Bake for 20 minutes.

Per Serving (excluding unknown
items): 419 Calories; 8g Fat (17.1%
calories from fat); 24g Protein; 66g
Carbohydrate; 8g Dietary Fiber;
213mg Cholesterol; 1679mg
Sodium. Exchanges: 3
Grain(Starch); 1 Lean Meat; 5
Vegetable; 1/2 Fat.