

Pennsylvania

Herb-Stuffed Mushrooms

Featured Food: Mushrooms

Makes: 4 servings

plate of stuffed mushrooms

Ingredients

- 8 large mushrooms?(approx. 3 inches in diameter)
- 4 cloves garlic, minced
- $\frac{3}{4}$ cup white onions, chopped
- 3 teaspoons olive oil
- $\frac{1}{2}$ teaspoon dried parsley
- $\frac{1}{2}$ teaspoon dried sage
- $\frac{1}{2}$ teaspoon dried rosemary
- $\frac{1}{2}$ teaspoon dried thyme
- $\frac{3}{4}$ cup canned, drained, no-salt added chickpeas?(garbanzo beans)
- $\frac{1}{4}$ cup breadcrumbs (whole-wheat if available)
- $\frac{1}{4}$ cup sun-dried tomatoes, finely chopped
- 1 teaspoon lemon juice

Directions

1. Preheat oven to 375°F.
2. Clean mushrooms with a paper towel or vegetable brush; remove stems to use for the filling.
3. While oven is warming, put mushroom caps (open side down) in oven for 10 minutes. This will prepare the caps for stuffing.

4. Heat 1 teaspoon of olive oil in a sauté pan. Add garlic and onion and cook. One minute before they are finished, add the four herbs. After 1 minute, remove from heat.
5. In a large bowl, mash mushroom stems and chickpeas.
6. Add the garlic and onion mixture, 2 teaspoons of olive oil, breadcrumbs, sun-dried tomatoes, and lemon juice. Mix well.
7. Stuff the mushrooms with the mixture and place on baking sheet.
8. Bake for 15-18 minutes or until the stuffing is golden brown.
9. Remove from oven, sprinkle with an herb of choice, and enjoy.

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