

Stuffed Fresh Mushroom Recipe

- 500g large fresh mushrooms (about 24), cleaned and stems trimmed
- 600g extra lean turkey breast mince
- 1 clove garlic, minced
- 1/4 cup fine dry bread crumbs
- 1/4 cup thinly sliced spring onions
- 3 tablespoons soy sauce
- 1 teaspoon freshly minced ginger
- 1 egg white, lightly beaten
- 1/6 teaspoon red pepper flakes (optional)



- Remove stems from mushrooms; finely chop enough stems to equal 1 cup.
- Cook turkey with chopped stems and garlic in a frying pan over medium-high heat until turkey is no longer pink. Spoon off any fat. Stir in bread crumbs, spring onions, 2 tablespoons soy sauce, ginger, egg white and pepper flakes, if desired; mix well.
- Brush mushroom caps lightly with the remaining 1 tablespoon soy sauce; spoon about 2 teaspoons stuffing into each mushroom cap.
- Set oven to broil (260 °C). Place stuffed mushrooms on a rack. Broil 10cm from heat for 5 to 6 minutes or until hot.

Makes 12 servings

Serving size: 2 mushrooms

nutrients per serving

calories:	57
total fat:	2 g (30% of calories)
saturated fat	trace
cholesterol:	15 mg
sodium	193 mg
carbohydrate:	4 g (27% of calories)
protein:	6 g (44% of calories)
fiber:	1 g

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