



Breadcrumb Stuffed Mushrooms

Preparing an Italian dinner? Check out this recipe for breadcrumb stuffed mushrooms. It's a quick, easy dish that can be served as a side or a party snack. It's surprisingly low in fat, and you can further lower the calories by decreasing the amount of olive oil or Parmesan.

Ingredients

2 lbs of large cremini or white button mushrooms, rinsed
1 ½ cups of homemade fresh breadcrumbs (from ciabatta or another Italian bread)
½ cup of Parmesan cheese
3 cloves of garlic, minced
3 tbsp of fresh chopped parsley
4 tbsp of olive oil
Salt and pepper to taste

Preparation process

Hollow out the mushrooms and spoon in the breadcrumb mixture inside.

Mix the breadcrumbs, Parmesan, parsley, garlic, olive oil, salt and pepper together.

Place the mushrooms on an oiled baking dish and drizzle a little more olive oil on top.

Bake for 20 minutes on 400 degrees or until the tops of the mushrooms are brown.

If you want to watch the video again. Click [here](#).