

Chorizo Hash-Stuffed Mushroom Caps

*Alison Ladman - Associated Press
Scripps Treasure Coast Newspapers*

Yield: 12 pieces

*12 cremini mushroom caps
salt and ground black pepper
1 teaspoon olive oil
1/2 small yellow onion, chopped
1 link (4 ounces) fresh chorizo
sausage, casing removed and crumbled
1 small potato, grated
2 tablespoons water
1/4 cup manchego cheese, grated*

Preparation Time: 15 minutes

Preheat the oven to 400 degrees.

Arrange the mushroom caps, open end up, on a rimmed baking sheet. Sprinkle with salt and pepper. Roast for 15 minutes.

Meanwhile, in a medium skillet over medium-high, heat the olive oil. Add the onion and chorizo and saute' until browned, 5 to 6 minutes. Add the potato and water. Cook for another 3 to 4 minutes.

When the mushrooms are roasted, spoon the sausage mixture into the caps and sprinkle with the cheese.

Return to the oven for another 10 minutes.

Serve warm or at room temperature.

Start to Finish Time: 30 minutes

Per Serving (excluding unknown items): 157 Calories; 5g Fat (26.2% calories from fat); 3g Protein; 27g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 10mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Vegetable; 1 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	157	Vitamin B6 (mg):	.4mg
% Calories from Fat:	26.2%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	66.0%	Thiamin B1 (mg):	.1mg

