

# **Spring Veggie Stuffed Mushrooms**

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**Servings: 24**

**Preparation Time: 15 minutes**

**Bake Time: 18 minutes**

**1/2 cup fine dry breadcrumbs**

**1/2 cup carrots, shredded**

**1/4 cup green onions, sliced**

**1/3 cup Parmesan cheese, grated**

**1/3 cup sour cream**

**24 large clean, dry mushroom caps**

**24 asparagus tips**

**olive oil**

Preheat oven to 425 degrees.

In a bowl, combine the breadcrumbs, carrots, green onions, Parmesan and sour cream.

Spoon the mixture into the mushroom caps.

Top each mushroom cap with an asparagus tip.

Drizzle lightly with olive oil.

Place the mushroom caps in a lightly greased shallow pan. Place the baking pan in the oven.

Bake about 18 minutes or until light brown and heated through.

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Per Serving (excluding unknown items): 23 Calories; 1g Fat (43.7% calories from fat); 1g Protein; 2g Carbohydrate; trace Dietary Fiber; 2mg Cholesterol; 43mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 0 Fat.