

Dave's Herb-Stuffed Mushrooms

From the U.S. Department of Agriculture

<https://www.choosemyplate.gov/recipes/myplate-cnpp/dave-s-herb-stuffed-mushrooms>

Ingredients

- 8 large mushrooms (approx. 3" in diameter)
- 4 cloves garlic
- $\frac{3}{4}$ cup white onion, 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
- $\frac{1}{4}$ cup whole-wheat bread crumbs
- $\frac{1}{4}$ cup sun-dried tomatoes, finely chopped
- $\frac{3}{4}$ cup canned no-salt chickpeas/garbanzo beans, drained
- 1 teaspoon lemon juice
- Cooking spray

Instructions

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. Chop the garlic and onions and sauté with one teaspoon olive oil. One minute before they are finished, add the four herbs. After one minute, remove from heat.
5. In a large bowl, mash mushroom stems and chickpeas.
6. Add all other ingredients. Mix well.
7. Lightly spray a baking sheet and the mushroom caps.
8. Stuff the mushrooms with the mixture and place on a baking sheet.
9. Bake for 15 to 18 minutes or until the stuffing is golden brown.
10. Remove from oven and sprinkle with an herb of your choice before serving.

Makes 4 servings

Nutrition information per serving

Calories: 149	Dietary Fiber: 5g
Total Fat: 5g	Sodium: 199mg
Saturated Fat: 1g	Protein: 6g
Cholesterol: 0mg	Carbohydrates: 22g