

Garlic Mushroom Tapas

Whole Mushrooms with Garlic, Smoked Paprika, Parmesan and Parsley

I absolutely love mushrooms, but my wife can't stand them, therefore, I never cook them. As you can imagine, I was ecstatic when I saw a traditional Spanish Tapas dish that revolved around them... they're aaaaaaall mine, baby! This recipe makes an insanely delicious serving bowl full of savory mushrooms. Loaded with tons of earthy, smoky flavor from Smoked Paprika, a touch of acidic lemony brightness, the crispy pop of fresh parsley and garnished with Parmesan... This dish is big on flavor, yet comes together easily.

Servings Info.:

Yield: 4 cups

Servings: 8

Serving Size: 1/2 cup



Range

0-0

*- last checked 01/06/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.*

Ingredients:

- (3) 8oz packages, fresh whole mushrooms, any type.
- 4-5 medium garlic cloves, finely diced
- 1/4 cup fresh parsley, finely chopped
- olive oil cooking spray, 8 second spray
- 2-1/4 tsp smoked paprika
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 Tbsp lemon juice
- 2 Tbsp chicken broth
- 1/2 tsp reduced fat Parmesan grated topping (like Kraft)

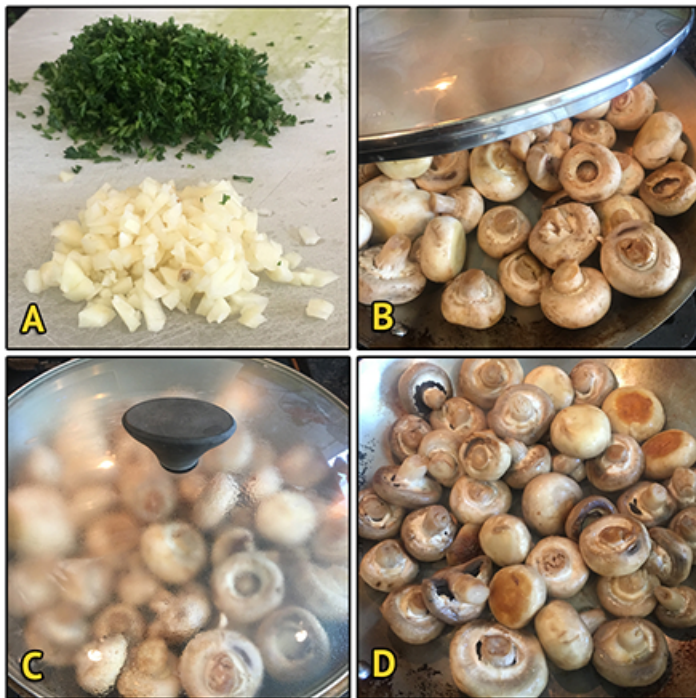
Directions:



1. For this recipe, we're going to need to have a spice that a lot of you don't have on hand, though it's pretty common to find in grocery stores nowadays. Smoked Paprika. You CAN use regular paprika, but the flavor will be dramatically different. Smoked Paprika has an aroma and flavor that I can only describe... as powdered bacon bits. When you take your first smell of it, it blows your mind. It adds a great, earthy, smoky flavor to dishes. Unfortunately though, it has 1 point at 1 tsp. You'll use it a lot in my recipes, so, if you bite the bullet and purchase it, it'll definitely be worth the investment of \$6.



2. (A) Whole mushrooms are covered in dirt when you take them out of the package. First thing that we're going to do is clean them off. (B) Use kitchen scissors or a knife to snip off the very bottom of the stem. (C) Under running water, gently rinse the dirt off of the mushrooms. Use a small brush if desired, but be gentle, the skin is delicate. (D) Set the cleaned mushrooms into a large bowl that has a few layers of paper towels on the bottom. Set aside.



3. (A) Finely chop the garlic and parsley, then set aside. (B) Heat a large pan over medium high heat. Spray for 8 seconds with olive oil cooking spray, creating a nice, thick layer of 0 point spray. Add the Mushrooms to the pan and lightly spray the top of the mushrooms with cooking spray. (C) Cover and cook for 5 minutes, moving the pan around to stir the covered mushrooms. (D) After 5 minutes, remove the lid and get ready for the fun stuff.



4. Add the smoked paprika, salt, pepper, garlic and parsley to the pan, use a rubber spatula to gently mix the ingredients together. It will be pretty dry. Continue stirring and cooking for another 2-3 minutes, until all of the dry ingredients are distributed pretty evenly, though still thick. Add the lemon juice and chicken broth, stir to create a thick gravy-like sauce from all of the dry ingredients on the bottom of the pan. Cook for another 2 minutes, stirring and allowing the sauce to slightly reduce.

5. Sprinkle with the parmesan topping, then toss to coat.

NOTES:

- A) This dish gets its uniquely smoky flavor from the Smoked Paprika, which is a key component of the recipe. However, if you do not have access to it, you can definitely substitute regular Paprika in its place, though the flavor will be different, it'll still taste good.
- B) I chose to use regular white button mushrooms when I made this recipe because I figured more people would have access to them, versus saying you needed to go buy cremini or baby bella mushrooms. Plus, it sounds less stuck-up-foodie to not demand that you buy a specific type. Use whatever small, whole mushrooms that you like.
- C) If you'd like, you can substitute the parsley with basil.
- D) You can use REAL reduced fat Parmigiano cheese in place of the grated style topping, if you'd like. It's the same points. I have a toddler that likes spaghetti... I am NOT going to spend \$\$ on real Parmigiano for a 5 year old. We have the fake stuff. Use what'cha have.
- E) Though it's ok in California and Colorado... I would highly recommend not using any "funny" mushrooms for this appetizer. The last thing that you want, is to have your dinner guests all sitting around, giggling and eating your cheetos. Stick to the legal 'shrooms mis amigos.

