

Stuffed Mushrooms

Italian Sausage Stuffed Mushrooms with Herbed "Cream Cheese"



This is my WW-erized, lower fat, calorie and point version of Ina Garten's famous sausage stuffed mushrooms. I used my 0 point Italian sausage in place of regular, swapped mascarpone for strained Greek yogurt, then used crushed rice crispies instead of breadcrumbs. Adios fat and calories!

Servings Info.:

Yield: 38 mushrooms**

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Serving Size: 1 mushroom



Range
0/0

- last checked 01/07/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Directions:



1. This needs to be done first, start it the night before. Let's make cream cheese substitute, boys and girls! Line a strainer with either cheese cloth or paper coffee filters. Scoop the Greek yogurt into the strainer, place over a bowl and cover with plastic wrap. Allow it to sit overnight. I highly recommend Fage brand for this.



2. YOU NEED TO CLEAN THE MUSHROOMS!!! Out of the package, they have dirt and yuck all over them. So, get 1 mushroom lightly wet at your sink, then gently scrub it with a kitchen brush. Gently pull off the stem, then use a small spoon to clean out a cavity for your filling. Save the stem in a bowl for later. Cover a large pan or plate with paper towels, then place the mushroom cap onto the paper towel, cavity facing down. Repeat with every mushroom till all are cleaned.

Ingredients:

- (2) 24oz cartons, medium sized whole mushrooms. I used Cremini mushrooms, but you can use any variety, as long as they are "Legal" mushrooms. I'm lookin' at you, Colorado!

Filling Mixture:

- 1 pound of my 0 point Italian Sausage, recipe in my "Cookbook: Volume 1", pg. 27
- 1/2 cup diced onion
- 3 medium garlic cloves, minced
- 2 cups finely diced mushroom stems
- 1/2 tsp salt
- 2 tsp worcestershire sauce
- 1/2 cup chopped fresh basil (added at the end)

"Bread Crumbs": (makes about 2/3 cup total)

- 1-1/3 cups rice krispies cereal, crushed. (makes around 10 Tbsp)
- 1-1/2 tsp plain breadcrumbs
- 2 tsp panko breadcrumbs
- 1/4 tsp black pepper
- 1/2 tsp italian seasoning
- 1/2 tsp dried basil
- 1/2 tsp onion powder
- 1/2 tsp garlic powder

"Cream Cheese Substitute":

- 1 cup plain fat free Greek Yogurt (I use Fage for this)
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1 tsp italian seasoning
- 1/4 tsp salt
- Paper Coffee Filters or Cheese Cloth, with a strainer

Garnish:

- 1 tsp reduced fat grated parmesan topping (like Kraft)
- Additional chopped fresh basil (or italian parsley)



3. (A) Finely dice 2 cups of mushroom stems, set aside. (B) Add the Italian sausage to a large pan, along with the onion and garlic. Cook over med-high heat until browned. (C) Add diced mushroom stems and cook for 3-4 minutes. (D) Stir in the crushed rice krispies "breading" and fresh chopped basil. Use a spoon to combine. Turn off the heat.
4. (A) Remove Greek yogurt from the fridge, scoop into a bowl and mix in the onion and garlic powders, Italian seasoning and salt. (B) With the heat turned off, mix the yogurt, along with 2 teaspoons of Worcestershire sauce, into the filling. (C) The finished mixture should be thick and hold together. (D) Using measuring spoons, scoop 1 even tablespoon into the large mushrooms and fill the smaller mushroom with less filling. Don't go over 1 tablespoon per mushroom though. The sizes of the 'shrooms vary, so your exact number of servings will vary, per batch. I made 38 before I ran out of filling.
5. (A) Line a baking pan with tin foil, then spray with cooking spray. Place the mushrooms tightly together on the pan, then spray the tops with cooking spray and lightly sprinkle 1 teaspoon of grated parmesan on top of the mushrooms. (B) Bake for 20-24 minutes at 375 degrees. (C) There will be a good deal of liquid at the bottom of the pan, so when you remove the pan from the oven, set one corner of the pan on a kitchen spoon or dish towel, to raise it up, and draw all of the liquid to one corner. (D) Use a slotted spoon to place each of the mushrooms onto a platter, allowing more of the liquid to run off. Garnish with fresh chopped basil and the rest of the parmesan cheese topping.

NOTES:

- A) These can be fully assembled onto your sheet pan, up to 1 day before baking, WHICH IS AWESOME! Place all of the assembled mushrooms on your baking pan, like in step (5a), then wrap the entire pan in plastic wrap and store in the fridge, until ready to bake.

