



Baked Mushroom Parmesan

Recipe courtesy of the Mushroom Council and mushroominfo.com

Preparation Time: 10 minutes
 Cooking Time: 10 minutes
 Serves: 4
 Average cost per serving: \$2.78

- 4 large Portabella mushrooms
- 2 tablespoons olive oil
- 1 cup tomato pasta sauce, divided
- 4 fresh basil leaves, thinly sliced
- 1/4 teaspoon crushed red peppers flakes
- 1 cup (4 ounces) shredded part skim mozzarella cheese
- 1/4 cup (1 ounce) grated parmesan cheese

Heat oven to broil, with top rack about 4" from broiler. Brush both sides of mushrooms with oil. Place mushrooms, gill side down, in a 9 inch baking dish. Broil for 4 minutes, remove and turn gill side up, broil 4 minutes.

Remove mushrooms from baking dish, drain excess liquid. Reduce oven to 400 degrees.

Spread 1/2 cup pasta sauce on bottom of baking dish, then place mushrooms, gill side up. Sprinkle with basil, red pepper flakes and the remainder of the pasta sauce. Top with mozzarella cheese and parmesan; bake 5-10 minutes, until the cheese begins to brown. Remove and serve.



Nutrition Facts	
Serving Size (206g)	
Servings Per Container	
Amount Per Serving	
Calories 230	Calories from Fat 140
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 520mg	22%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 13g	
Vitamin A 10%	• Vitamin C 4%
Calcium 30%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Each serving provides: 230 calories, 16g fat (25% Daily Value), 6g saturated fat (30% Daily Value), 20mg cholesterol (7% Daily Value), 520mg sodium (22% Daily Value), 2g dietary fiber (8% Daily Value), 13g protein, 24% Daily Value for selenium, 10% Daily Value for vitamin A, 15% Daily Value for potassium, 4% Daily Value for iron, 4% Daily Value for vitamin C, 30% Daily Value for calcium