



RECIPES

Parmesan and Broccoli Stuffed Mushrooms

INGREDIENTS:

12 large mushrooms
2 tablespoons olive oil
2 garlic clove, minced
½ medium onion, chopped
2 tablespoons flour
¼ tsp salt
2/3 cup milk, reduced fat
2 tablespoons bread crumbs
1 (10oz) package frozen
broccoli, chopped
2 tablespoons parmesan
cheese

INSTRUCTIONS:

1. Preheat oven to 375°
2. Wash or wipe mushrooms and remove stems. Chop stems.
3. Heat oil in pan. Add onions, cook for 2-3 minutes then add mushroom stems and garlic. Cook an additional 2-3 minutes.
4. Reduce heat. Stir in flour and salt and gradually add milk. Add breadcrumbs and stir until thickened.
5. Add broccoli and cook until well heated
6. Fill each mushroom with broccoli mixture and top with parmesan cheese.
7. Bake for 15-20 minutes and enjoy.

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Adapted from: <http://bargainbriana.com/broccoli-stuffed-mushrooms/>

