



## STUFFED CHEESY MUSHROOMS

*Recipe developed by Chef Paige Vondran*

	Ingredients	Exchanges
Protein	10 gm fried bacon, chopped	2 (-2 gm fat)
	12.2 gm provolone cheese	1.7 (-1.7 gm fat)
Fat	26.3 gm mayonnaise	6 (-3.7 gm)
Carbohydrate	19.5 gm cremini mushroom caps	1.3
Other	Salt, pepper, onion powder, garlic powder	

### DIRECTIONS

- Preheat the oven to 350°F.
- Cook the bacon until crispy; set aside.
- Grease a pan with nonstick cooking spray and warm over medium heat.
- Add the provolone cheese to the pan and stir until cheese is melted.
- Once the cheese is melted, add the mayonnaise.
- Continue to stir; the mixture should emulsify together and create a stretchy texture.
- Season to taste with dry seasonings.
- Add the crispy chopped bacon to the cheese mixture; stir to combine.
- Remove the stems from the mushroom caps and thoroughly clean with cold water.
- Scoop the stretchy cheese mixture into the mushroom caps dividing evenly.
- Place the stuffed mushrooms on a parchment paper covered baking sheet, or in a silicone mold, and bake until the mushrooms become tender.

### VARIATIONS

- This recipe can be stored in the freezer for up to 2 months.
- Other proteins can be used such as prosciutto, ham, extra cheese, or ground beef.
- Other cheeses can be used such as mozzarella, American, cheddar, or gruyere.
- Other carbohydrates can be used such as a hollowed zucchini boat or eggplant.