



BAKED MUSHROOM PARMESAN

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Recipe courtesy of the Mushroom Council and mushroominfo.com

Yield: 4

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Ingredients

- 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

Directions

Heat oven to broil, with top rack about 4" from broiler. Brush both sides of mushrooms with oil. Place mushrooms, gill side down, in 13x9 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 per serving

Calories	230
Calories from fat	140
Total fat	16g
Saturated Fat	6g
Trans Fat	0g
Cholesterol	20mg
Sodium	520mg
Total Carbohydrate	11g