## Recipe For Health | DECEMBER 2016 PARMESAN-ARTICHOKE STUFFED MUSHROOMS

by Chef John Findley Featured Food: Mushrooms

Yield: Serves 10

## Ingredients

20 large mushrooms, stems removed2 oz. panko bread crumbs8 oz. cream cheeseSalt, pepper2 oz. parmesan cheeseParmesan cheese for topping

6 oz. marinated artichokes, chopped

## Preparation

Place mushroom caps on a platter with 2 tablespoons water and cover. Cook in microwave for about 1-2 minutes. Remove and cool. Blend remaining ingredients and taste for flavor. Preheat oven to 375 degrees. Spray baking sheet with non-stick cooking spray. Place stuffed mushrooms on the tray. Place about ½ oz. of the mixture into each mushroom cap. Sprinkle each mushroom with parmesan cheese and bake for about 8 minutes until brown. Serve