

RECIPE CORNER

Low-Carb Mushroom Stuffers



Cutting carbs? Portabella mushrooms are perfect for stuffing.

(NAPSA)—Just because stuffed baked potatoes are off the list for carb counters doesn't mean you have to give up all the good "stuff." Here's a super-easy recipe that layers all your favorite potato toppers—broccoli, bacon, and cheddar cheese—inside a succulent and practically carb-free portabella mushroom. The results are delicious and satisfying.

Don't tell the family, but mushrooms have important nutritional benefits, too. A portabella mushroom has more potassium than a banana and they're a good source of cancer-fighting selenium. Best of all, mushrooms add great taste and variety to any meal!

BROCCOLI-BACON PORTABELLA STUFFERS

- 3 cups broccoli florets
(about 8 ounces)**
- 4 slices bacon**
- 8 small or 4 large (7 to 8
ounces each) portabella
mushroom caps**
- 2 cups shredded cheddar
cheese (about 4 ounces)**

In a medium-sized saucepan, over high heat, bring 1 quart salted water to a boil; reduce heat, add broccoli and simmer until crisp-tender, 3 to 4 minutes; drain. In a large 12-inch skillet, over medium heat, cook bacon until crisp, about 8 minutes; drain on paper towels. Drain excess bacon fat from skillet. Add mushrooms, gill side down, and cook over medium heat for 5 minutes. Remove skillet from heat; turn mushrooms. Sprinkle mushrooms with half of the cheese, dividing evenly; spoon broccoli on top; crumble bacon over broccoli; sprinkle with the remaining cheese. Return skillet to heat and continue to cook mushrooms, covered, just until tender and the cheese has melted, 4 to 5 minutes.

YIELD: 4 servings

To request a recipe leaflet, send a stamped, self-addressed envelope to: Dieting with Mushrooms, 35 East 21 Street, 10th Floor, New York, NY 10010 or e-mail: L-N@mushroominfo.com.