



Stuffed Mushrooms

SERVES 4

INGREDIENTS

300g mushrooms, stems removed
150g low fat ricotta cheese
1 garlic clove, crushed
4 tbs mixed chopped fresh herbs (e.g. parsley, basil, mint, oregano)
2 tsp lemon juice

To serve

Extra chopped fresh herbs

METHOD

1. Preheat oven to 180°C.
2. Place the mushrooms in a baking dish in a single layer. Combine the remaining ingredients. Fill the mushroom cups with the ricotta mix.
3. Bake in the oven for 15-20 minutes or until mushrooms are lightly golden on top and cooked.
4. Sprinkle with chopped herbs and serve.

