

# Italian Stuffed Mushrooms

*If you are thinking Italian for dinner tonight then try out these yummy little appetizers to start off your meal. These stuffed mushrooms are lower in fat by using turkey Italian sausage and low fat mozzarella cheese. Stuffed with lots of yummy flavors and colors, these healthy appetizers will have your mouth watering for more Italian tonight.*

Recipe Type: Appetizer, Meat, Side Dish

Degree of Difficulty: Moderately difficult

## Ingredients

1 lb Turkey Italian Sausage  
1 each Onion, finely chopped  
½ each Red Pepper, finely chopeed  
¼ tsp Garlic Powder  
¼ cup Dry Bread Crumbs  
dash Pepper  
¼ tsp Salt  
1 ¼ cups Spaghetti Sauce  
40 Large Mushroom Caps  
Oil  
Mozzarella Cheese, shredded



## Directions

- 1 Remove stems from mushrooms and clean caps with a clean damp towel.
- 2 Coat mushroom caps with oil and place on a baking sheet.
- 3 Chop mushroom stems into fine pieces.
- 4 Cook Italian sausage, onion, green pepper, garlic powder, and a handful of chopped mushroom stems in a skillet, then drain fat.
- 5 Add bread crumbs, pepper, salt and spaghetti sauce. Simmer until all flavors blended together.
- 6 Fill mushroom caps with meat mixture.
- 7 Sprinkle mozzarella cheese on top of the meat mixture.
- 8 Cover with foil and bake at 350 about 20 minutes until cheese is melted and mushrooms are tender.

## Cooking Times

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Total Time: 35 minutes

## Nutrition Facts

Nutrition (per serving): 47 calories, 3g total fat, <1g saturated fat, 9.7mg cholesterol, 134.4mg sodium, 2.8g carbohydrates, <1g fiber, 1.3g sugar, 2.7g protein.

Servings: 40

Yield: 40 mushrooms

## Weight Watchers Points

Note: Veggies not included in calculation of any of the Weight Watchers points. The turkey sausage is included in the Freestyle points as it is not ground turkey breast.

Orig. WW Pts: 1

Points Plus: 1

Smart Points: 1

FreeStyle Smart Points: 1