Pizza Mushrooms

Home Recipe

Serves: 20
Prep Time: 15 minutes
Cook Time: 15 minutes

Ingredients

- 1 jar marinara sauce (24 oz)
- 1 tsp basil or oregano
- 20 mushroom caps
- 1 ¾ cup shredded mozzarella, low moisture, part skim (7-8 oz)
- ½ package mini pepperoni

Cooking Instructions

1) Preheat oven to 350° F.
2) Stir the basil or oregano into the marinara sauce.
3) In large oven-proof skillet, fill each mushroom cap with marinara, and sprinkle generously with mozzarella.
4) Top each with a couple of mini pepperoni and bake about 15-20 minutes or until cheese melts and pepperoni is crispy.

Nutrients Per 2 Mushroom Serving

- Calories 150
- Total Fat 8 g
  - Saturated Fat 4 g
- Cholesterol 20 mg
- Sodium 450 mg
- Carbohydrates 11 g
  - Dietary Fiber 2 g
  - Total Sugars 5 g
- Protein 8 g
- Calcium 153 mg
- Iron 1 mg
- Vitamin D 0 mcg
- Potassium 42 mg

For More Information
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