



# delicious stuffed mushrooms

## Ingredients

- 12 whole fresh mushrooms
- 1 tablespoon vegetable oil
- 1 tablespoon minced garlic
- 1 (8 ounce) package cream cheese, softened
- ¼ cup grated parmesan cheese
- ¼ teaspoon ground black pepper
- ¼ teaspoon onion powder
- ¼ teaspoon ground cayenne pepper

## Instructions

**step 1:** preheat the oven to 350 degrees f (175 degrees c). lightly spray a baking sheet with cooking spray.

**step 2:** gently clean the mushrooms with a damp paper towel and carefully remove the stems. finely chop the stems and discard any tough ends.

**step 3:** in a skillet over medium heat, heat the vegetable oil. add garlic and chopped mushroom stems. sauté until all moisture has evaporated. be careful not to burn the garlic. let the mixture cool.

**step 4:** in a bowl, combine the cooled garlic mixture with cream cheese, parmesan cheese, black pepper, onion powder, and cayenne pepper. mix until smooth and thick.

**step 5:** using a teaspoon, fill each mushroom cap generously with the cream cheese mixture. place them on the prepared baking sheet.

**step 6:** bake in the preheated oven for about 20 minutes, or until the mushrooms are hot and the tops are slightly golden.

**step 7:** serve warm and enjoy!