

## BRYANNA'S ARTICHOKE-STUFFED MUSHROOMS

**Makes 4 main dish servings**

These sumptuous morsels make great appetizers, too (enough for 12 appetizer servings)

MAKE-AHEAD NOTE: You can stuff the mushrooms ahead of time, cover and refrigerate them until just before baking and serving.

approximately 1 1/2 pounds stuffing mushrooms, white or brown

*(NOTE: I use mushrooms about 1 to 2 inches across for appetizers and 3 to 4 inch ones for main dish servings.)*

1/4 cup finely-chopped onion

2 cloves garlic, crushed

1/4 cup low-sodium vegetarian broth or dry white wine *(can be non-alcoholic)*

1/2 cup fresh whole wheat bread crumbs *(1 slice)*

14 ounces frozen or canned artichoke hearts, drained and chopped

*(NOTE: If you only have marinated artichoke hearts, place them in a colander and rinse them thoroughly with hot water to eliminate most of the oil and vinegar. Drain well.)*

3 green onions, chopped

1/4 cup soy parmesan (I use GoVeggie! soy parmesan, which used to be Galaxy Vegan)

1/2 cup lower-fat vegan mayonnaise

1/4 teaspoon salt

freshly-ground black pepper to taste

Panko breadcrumbs for topping

Clean the mushrooms gently with a damp cloth. Remove the stems. Chop and reserve the stems.

Steam-fry the mushroom stems, onion, and garlic in a large heavy nonstick skillet sprayed with oil from a pump sprayer, or with cooking spray, until soft, adding a squirt of water or white wine as needed to keep it moving

Add the broth or wine and cook until the liquid evaporates. Stir in the bread crumbs. Remove the mixture from heat and let it cool.

Combine the onion-bread crumb mixture in a medium bowl with the chopped artichokes, green onions, soy parmesan, vegan mayonnaise, salt, and pepper.

Fill each mushroom cap with the filling so that it's gently mounded. Arrange the stuffed mushrooms, just touching, in a shallow baking pan which has been sprayed lightly with oil from a pump sprayer. *(At this point, you can cover the mushrooms with plastic wrap and refrigerate until ready to bake.)*

When ready to serve, preheat the oven to 350°F. Sprinkle the stuffed mushrooms with a little of the panko breadcrumbs (for crunch) and spray with a little oil from a pump sprayer. Bake the mushrooms for 12-15 minutes, or until golden. Serve hot.

**Nutrition Facts:** Nutrition (per serving): 144.4 calories; 9% calories from fat; 1.1g total fat; 0.0mg cholesterol; 448.8mg sodium; 534.1mg potassium; 21.4g carbohydrates; 6.7g fiber; 2.5g sugar; 14.8g net carbs; 7.6g protein; 2.2 points.