

MUSHROOM PIZZA BITES

INGREDIENTS

- 12 button mushrooms - clean & remove stems
- ½ lb. Italian chicken sausage
- 1 egg white
- ¼ -½ cup no added sugar marinara sauce

PREPARATION

1. Preheat grill.
2. Place mushrooms stem side up on a plate.
3. In a bowl, add Italian chicken sausage with egg white and combine it well all together.
4. Make tablespoon-sized balls of the meat mixture and plop them into the cap of the mushrooms.
5. Place on the top rack of grill and cook for about 8-10 minutes or until sausage is cooked through.
6. Top each mushroom sausage cap with pizza/marinara sauce (hot or cold)!
7. Serve with a toothpick and enjoy!

