

SALMON STUFFED MUSHROOMS



SERVING SIZE

2



INGREDIENTS

ITEM

Organic Baby Bella Mushrooms 20
Salmon, Cooked and Shredded 8 Oz.
Cauliflower Rice ½ cup
Whole Red Bell Pepper, Chopped Really Small 1

QUANTITY

ITEM

Fresh Parsley, Chopped ¾ cup
Old Bay Seasoning 1 tbsp.
Olive Oil 1 tbsp.
Salt and Pepper To taste

QUANTITY



PREPARATION

- Gently clean the baby bella mushrooms with a damp cloth to remove any dirt.
- Carefully remove the stems from the mushrooms to create a hollow space for the stuffing. Set the mushroom caps aside.
- In a large bowl, combine the shredded cooked salmon, cauliflower rice, chopped red bell pepper, and fresh parsley.
- Sprinkle the Old Bay seasoning over the filling mixture. Drizzle with olive oil, and season with salt and pepper to taste.
- Use a spoon or your hands to mix all the ingredients together until well combined. Ensure that the seasoning is evenly distributed throughout the filling.
- Take each mushroom cap and stuff it generously with the salmon and vegetable mixture. Press the filling gently into each mushroom to ensure it's packed.
- Place the stuffed mushrooms on a baking sheet lined with parchment paper. Make sure they are evenly spaced.
- Preheat your oven to 375°F (190°C). Bake the stuffed mushrooms for about 15-20 minutes or until the mushrooms are tender and the filling is heated through.
- Remove the stuffed mushrooms from the oven and let them cool slightly. Arrange them on a serving platter.
- Enjoy!