

APPETIZER – Stuffed Mushrooms

Ingredients:

24 whole mushrooms
2 tbsp vegetable oil
2 tbsp minced garlic
2- 8-oz packages cream cheese (softened)
½ cups grated Parmesan cheese
½ tsp ground black pepper
½ tsp onion powder
½ tsp cayenne

Preparation:

1. Preheat the oven to 350 degrees. Spray a baking sheet with cooking spray. Clean mushrooms with a damp paper towel. Carefully break off the stems. Discard the tough end of the stems and chop the stems extremely fine.
2. Heat oil in a large skillet over medium heat. Add garlic and chopped mushroom stems to the skillet. Fry until any moisture has disappeared, taking care not to burn the garlic. Set aside to cool.
3. When garlic and mushroom mixture is no longer hot, stir in cream cheese, Parmesan cheese, black pepper, onion powder and cayenne. Mixture should be very thick. Using a small spoon, fill each mushroom cap with a generous amount of the stuffing. Arrange mushroom caps on the prepared cookie sheet.
4. Bake for 20 minutes in the preheated oven – or until the mushrooms are piping hot and liquid starts to form under caps.

Note:

Native Americans would not have had some of these ingredients, but they might have done fried morels (wild mushrooms) which grow in the woods in spring.