

Stuffed Mushrooms

This tasty recipe has been put together by Tom, our Healthy Habits Coordinator, with a little help from his daughter. For more great health and wellbeing tips from Tom and the Healthy Habits team, call us on 0191 280 8484 or email Rebecca.Williams@ageuknorthtyneside.org.uk.

Ingredients

- 3 large Portobello mushrooms
- 3 bacon medallions cut up finely
- 1 shallot, finely chopped
- 1 garlic clove, finely chopped
- 4 tbsp. dried breadcrumbs (I use two slices of frozen bread and blitz them in the blender)
- 100g medium cheddar, grated
- Spray oil

Method

1. Heat oven to 220°C/200°C fan/gas 7.
2. Wipe the mushrooms to remove any dirt, then turn upside down and remove the stalks. Place on a baking tray top-side down and put to one side.
3. Fry the bacon for a few mins until just starting to crisp up, then add the finely chopped or blended shallots, mushroom stalks and garlic. Add to the bacon and fry on a moderate heat for a few mins until all the ingredients are cooked.
4. Take off the heat and add the breadcrumbs, then stir to make an even mixture. Spoon into the hollows of the mushrooms and top with the grated cheese.
5. Bake for approximately 8-10 mins until the cheese has melted. Serve with a green salad.

