



# Turkey Sausage Stuffed Mushrooms

SERVES 8

## Ingredients

2 links of mild or hot turkey sausage

1/2 cup frozen chopped spinach

1 bunch green onions, chopped

1 clove of garlic

4 oz of cream cheese

1/2 cup of grated parmesan cheese

about 20 white button mushrooms

salt and pepper to taste

olive oil

## Instructions

Wipe the mushrooms clean with a damp dishtowel. Remove the stems and finely chop them.

In a medium size skillet, heat about 2 tablespoons of olive oil over medium heat.

remove the casings from the sausage. Add the sausage to the pan, cooking for about 5 minutes until it's almost done. Remove from the heat and transfer the sausage into a

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bowl.

Add another tablespoon of olive oil to the pan. Add in the chopped onions and a sprinkle of salt and pepper. Cook for about 3 minutes until they begin to soften. Add in the chopped mushrooms. Cook for another 3-5 minutes. Next, add in the garlic and cook for about 1 minute until fragrant.

Add the sausage back to the pan with the onions along with the spinach and another sprinkle of salt and pepper. Mix everything together and cook for about 3 minutes

Next, add in the cream cheese, stirring until it melts. Add in 1/3 cup of the parmesan cheese. Mix together until everything is combined. Remove from the heat and let the mixture cool just a bit.

Preheat the oven to 350.

Spoon a little of the turkey mixture into each mushroom cap. Place in a shallow baking dish.

Sprinkle the mushrooms with the remaining parmesan cheese and bake at 350 for about 15-20 minutes until the filling turns golden brown. Serve warm.