

Sausage Mushroom Bake

1. Preheat the oven to 350 degrees.
2. Lay all the mushrooms at the bottom of a 9×9 " baking dish. It is very important that the mushrooms are dry.
3. In a large skillet, saute onion and garlic in olive oil until translucent and soft. Remove sausage from casing and crumble in the pan. Cook through until lightly browned. Add spinach and toss until it is just wilted. Pour tomato over the mixture. Season with salt, pepper, and Italian blend.
4. Pour the sausage mixture over the mushrooms (in baking dish). Bake uncovered for about 20 minutes (until mushrooms are soft). Sprinkle breadcrumbs and parmesan over the top and return to the oven for about 5 minutes.

Enjoy!!!

This is a hearty comfort dish packed with flavor and nutrition that's still easy on the waistline. Serve it with a crisp green salad for a satisfying fall meal. No pasta belly here!!!