

Shrimp Stuffed Mushrooms

Celebrating the kids going back to school? Make these mushrooms. Celebrating the beginning of football season? Make these mushrooms. Have a craving for stuffed mushrooms? Make these mushrooms!! I get so optimistic at the beginning of each football season. Then about week 5 my hopes and dreams of my Jets making it to the Superbowl are shot down and then I seriously begin to hate the Patriots. However, this does not stop me from watching as many football games as I can. I thoroughly enjoy watching football (especially if the Jets win and the Patriots lose!) I also thoroughly enjoy stuffed mushrooms. You can easily make this a gluten free dairy free dish by using gluten free breadcrumbs and omitting the cheese. Enjoy!

xoxo,

Kristin

Directions:

- 1) Preheat the oven to 400 degrees F. Lightly grease a large baking sheet with nonstick cooking spray.
- 2) In a medium skillet, heat 1 tablespoon of the olive oil over medium- high heat. Saute the shrimp and garlic until pink and opaque, about 3 to 5 minutes. Transfer to a cutting board and set aside while you make the filling.
- 3) Stir the breadcrumbs, cajun seasoning, cheese, parsley and salt and pepper to a taste together in a small mixing bowl.
- 4) Add the remaining 2 tablespoons of olive oil and the chicken stock and mix thoroughly.
- 5) Once the shrimp are cool enough to handle, chop them into small pieces. Add the chopped shrimp to the breadcrumb mixture and stir it up until all the ingredients are mixed together evenly.
- 6) Using a teaspoon, fill each mushroom cavity with stuffing,

using the teaspoon to shape a nice heaping mound of stuffing. You can also use your fingers to push the stuffing down into a mushroom. Place the stuffed mushrooms on the prepared baking sheet.

7) Bake for 15 to 20 minutes or until the mushrooms are tender and the filling is browned on top.

8) Remove from oven and let cool for 5 minutes and then serve
about 3 mushrooms per serving

Recipe from The Lagasse Girls cookbook