

Chicken Sausage Stuffed Portabellas

1 Tbsp. Olive Oil	½ C. Parmesan Cheese, grated
¾ C. Onion, Diced	4 Portabella Mushroom caps, cleaned and de-stemmed
¾ C. Celery, Diced	4 Links Italian Chicken Sausage
1 C. Carrots, Diced	4 C. Arugula
2 Slices Whole Wheat Bread, torn into small pieces/crumbs	½ C. Balsamic vinegar, reduced by at least half.
1 Egg	

Heat oven to 350 F. While oven is warming, place the mushroom caps, cap side down on a sheet pan. Sauté onion, celery, and carrots in the olive oil until carrots are soft, about 10 minutes. Season the veggies with salt and pepper to your taste, then transfer to a plate to cool slightly. Remove the raw chicken sausage from their casings into a large bowl. Add in the breadcrumbs, egg, ¼ cup parmesan cheese, and veggie mixture, and mix until just combined. Shape the sausage mixture into four mounds and press into the mushroom caps, and bake for 30 minutes. While the mushrooms are baking, reduce your balsamic vinegar by placing in a small pot over high heat. Boil until the vinegar resembles a syrup, reducing it by more than half, and set aside. Top each stuffed mushroom with the remaining parmesan cheese, and place under broiler until melted, about 3-5 minutes. To plate, top with fresh arugula, and a drizzle of the balsamic glaze.

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Servings 4

Nutritional Information Per Serving:

Calories	424
Fat	19.1g
Cholesterol	57.3mg
Sodium	1,139mg
Carbohydrates	29.9g
Fiber	6.3g
Sugars	12.4g
Protein	34.6g

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