

Louisiana HARVEST of the MONTH

Pizza Mushrooms

Home Recipe

Serves: 20
Prep Time: 15 minutes
Cook Time: 15 minutes

Ingredients

- 1 jar marinara sauce (24 oz)
- 1 tsp basil or oregano
- 20 mushroom caps
- 1 $\frac{3}{4}$ cup shredded mozzarella, low moisture, part skim (7-8 oz)
- $\frac{1}{2}$ package mini pepperoni

Nutrients Per 2

Mushroom Serving

- **Calories** 150
- **Total Fat** 8 g
 - **Saturated Fat** 4 g
- **Cholesterol** 20 mg
- **Sodium** 450 mg
- **Carbohydrates** 11 g
 - **Dietary Fiber** 2 g
 - **Total Sugars** 5 g
- **Protein** 8 g
- **Calcium** 153 mg
- **Iron** 1 mg
- **Vitamin D** 0 mcg
- **Potassium** 42 mg

Cooking Instructions

- 1) Preheat oven to 350° F.
- 2) Stir the basil or oregano into the marinara sauce.
- 3) In large oven-proof skillet, fill each mushroom cap with marinara, and sprinkle generously with mozzarella.
- 4) Top each with a couple of mini pepperoni and bake about 15-20 minutes or until cheese melts and pepperoni is crispy.



For More Information
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