

STUFFED MUSHROOMS
(pictured)

16 small mushrooms (about $\frac{1}{5}$ lb)
1 tablespoon butter or margarine
3 tablespoons finely chopped green pepper
3 tablespoons finely chopped onion
1 teaspoon salt
 $\frac{1}{8}$ teaspoon pepper

1. Preheat oven to 350F.
 2. Wipe mushrooms with damp cloth. Remove stems, and chop stems finely; set aside.
 3. Heat butter in large skillet. Sauté mushroom caps, on bottom side only, 2 to 3 minutes; remove. Arrange, rounded side down, in shallow baking pan.
 4. In same skillet, sauté chopped stems, green pepper and onion until tender—about 5 minutes.
 5. Remove from heat. Stir in seasonings. Use to fill mushroom caps, mounding mixture high in center.
 6. Bake 15 minutes. Serve warm from tray or chafing dish.
- Makes 16 servings; about 2 calories each.