



TUNA STUFFED PORTOBELLO MUSHROOMS

Ingredients

- 2 tablespoons solid light tuna in olive oil
- 2-inch celery stalk, chopped
- 1 teaspoon butter
- 1 teaspoon grated parmesan cheese
- 2 baby portobello mushrooms
- a few leaves of chopped Italian parsley
- salt
- fresh ground pepper
- olive oil

Preparation

1. Pre-heat oven (or oven toaster) to 350°F.
2. Combine all the ingredients, except for the mushrooms, in a small bowl. Add salt and pepper to suit your taste. The saltiness of the canned tuna might be enough for you.
3. Divide and spread the mixture on the bottoms of the two mushrooms. Place mushrooms on an oven safe dish.
4. Bake at 350°F for 10 minutes. Take out and spray on, or drizzle over, some olive oil. Bake for another 5 minutes.
5. Remove from the oven, sprinkle with chopped parsley and tent with aluminum foil for 5 minutes.
6. Remove foil and serve. It's fantastic to eat with rice, and can also complement a creamy and light pasta dish very well.

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