

Ingredients



Air Fryer Stuffed Mushroom

Instructions

- Toss the mushrooms, oil, salt, and pepper in a small bowl. Place them on the cooking trays of the Deluxe Air Fryer.
- For the filling, grate the mozzarella with the Microplane® Adjustable Coarse Grater. Finely chop the green onions. Add the mozzarella, onions, and remaining filling ingredients to a medium bowl and mix well.
- Use a scoop or spoon to stuff the mushrooms. For the topping, combine the breadcrumbs, melted butter, and rub in a small bowl. Dip the mushrooms (filling-side down) into the breadcrumb mixture to coat.
- Place the trays on the top and bottom racks of the air fryer. Turn the wheel to select the ROAST setting; press the wheel to select. Turn the wheel to adjust the time to 15 minutes; press the wheel to start. Switch the trays halfway through cooking (you'll hear beeps as a reminder).



Mushrooms

2 pkgs (8 oz./225 g each) baby bella

mushrooms, washed and stems removed

2 tbsp (30 mL) olive oil

½ tsp (2 mL) salt

1/8 tsp (0.5 mL) black pepper

Filling

2 oz. (60 g) mozzarella cheese

2 green onions

4 oz. (125 g) low-fat cream cheese

(Neufchâtel) or goat cheese, softened

½ cup (125 mL) frozen spinach, thawed,

drained, and squeezed dry

1 ½ tsp (7 mL) red wine vinegar

½ tsp (2 mL) Garlic & Herb Rub

1/8 tsp (0.5 mL) black pepper

Topping

1 tbsp (15 mL) butter, melted

¼ cup (60 mL) plain breadcrumbs

½ tsp (2 mL) Garlic & Herb Rub

MOM
fueling
HUNGRY
BOYS