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**Prep Time:**

2 minutes

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**Cook Time:**

20 minutes

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**Ingredients:**

20 oz. mini portabella mushrooms

1/4 cup tomato sauce

1/4 cup low-fat milk

1 TBSP. butter

2 oz. low-fat mozzarella cheese

salt, pepper, & garlic powder to taste

Pam

## Mushrooms in Cream Sauce

### Instructions:

Coat a pan with 3 seconds of Pam and add the mushrooms.

Cook covered on a medium flame for 15 minutes, stirring occasionally.

Add the other ingredients and cook uncovered for another 5 minutes, stirring regularly.

**Counts as 1 lunch**