



Mushrooms in Cream

Instructions:

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

Cook covered on a medium flame for 12 minutes, stirring occasionally.

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

Counts as 1 lunch

Prep Time:

2 minutes

Cook Time:

17 minutes

Ingredients:

16 oz. mini portabella mushrooms

1/4 cup tomato sauce

1/4 cup low-fat milk

2 tsp. butter

1 1/2 oz. low-fat mozzarella cheese

salt, pepper, & garlic powder to taste

Pam