

BAKED STUFFED AVOCADOS

Preparation Time: 10 – 20 minutes depending on the amount

Cooking Time: 18 – 20 minutes depending on the amount

Cooking Temperature: 350° Fahrenheit

Serving Size:	Serves 2	Serves 4	Serves 6	Serves 8
Ingredients:				
Olive oil	1 tsp.	2 tsp.	3 tsp.	4 tsp.
Button mushrooms, chopped	6 Medium	12 Medium	18 Medium	24 Medium
Cottage cheese, smooth, fat free	1/3 Cup	2/3 Cup	1 Cup	1 1/3 Cup
Chives, finely chopped	1 Tbs.	2 Tbs.	3 Tbs.	4 Tbs.
Soy sauce, low sodium	½ tsp.	1 tsp.	1 ½ tsp.	2 tsp.
Avocados, firm, unblemished	1 Small	2 Small	3 Small	4 Small
Lemon juice, fresh	1 tsp.	2 tsp.	3 tsp.	4 tsp.
Parmesan cheese, finely grated	2 tsp.	4 tsp.	6 tsp.	8 tsp.
Paprika	½ tsp.	1 tsp.	1 ½ tsp.	2 tsp.

Note: For the best results, ingredients should be measured as descriptions of the amounts may vary for different food items.

Instructions:

- Sauté the mushrooms in the oil until just softened and lightly browned. Remove and drain on a paper towel, then mix with the cottage cheese, chives and soy sauce.
- Halve the avocados and remove the pips, pour a little lemon juice onto a flat plate and moisten the cut surfaces by placing avocado halves, face down, into the juice.
- Fill the avocados with the mushroom mixture, smoothing over the entire surface, not just the hollows.
- Sprinkle with parmesan and dust with paprika.
- Arrange the avocados slightly apart in a baking dish. Add 3/4 inch cold water to the dish and bake on the middle shelf of the oven for 18-20 minutes, or until just heated through.
- Place each half on a warmed serving plate and serve immediately.

Tips to Reduce Preparation & Cooking Time:

- Buy already chopped mushrooms to decrease preparation time.
- Use bottled lemon juice instead of squeezing fresh lemons to decrease preparation time.
- Buy already grated parmesan.

Baked Stuffed Avocados - Analysis per Serving	
Energy:	
Calories (kcal):	175
Protein (g):	8.2
Total Fat (g):	13.6
Saturated Fat (g):	2.7
Monounsaturated Fat (g):	8.4
Polyunsaturated Fat (g):	1.5
Omega-3's (g):	0.1
Cholesterol (mg):	4.0
Carbohydrates (g):	7.5
Of which is sugars (g):	0.0
Fibre (g):	1.7
Sodium (mg):	282.0