



Tuna Melt Stuffed Mushrooms



1/4th of recipe (3 stuffed mushrooms): 94 calories, 3g total fat (1.5g sat. fat), 407mg sodium, 7g carbs, 0.5g fiber, 3g sugars, 9.5g protein

Prep: 10 minutes **Cook:** 25 minutes

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Ingredients

12 medium baby bella mushrooms (each about 2 inches wide), stems chopped and reserved
1/4 cup diced onion
1/4 tsp. chopped garlic
One 2.6-oz. pouch albacore tuna in water
1 wedge [The Laughing Cow Light Creamy Swiss Cheese](#)
1 tbsp. [Best Foods/Hellmann's](#) Dijonnaise
1 tbsp. sweet pickle relish, patted dry
3 slices 2% milk American cheese, each broken into 4 squares

Directions

Preheat oven to 375 degrees. Spray a baking sheet with nonstick spray.

Place mushroom caps on the sheet, rounded sides down. Bake until tender, 12 - 14 minutes. Remove sheet, but leave oven on.

Meanwhile, bring a skillet sprayed with nonstick spray to medium heat. Add chopped mushroom stems, onion, and garlic. Cook and stir until slightly softened, about 3 minutes. Transfer to a medium bowl, and pat dry. Add tuna, cheese wedge, Dijonnaise, and relish. Stir until thoroughly mixed.

Blot away excess moisture from mushroom caps. Evenly distribute tuna mixture among the caps.

Bake until filling is hot, about 8 minutes.

Top each mushroom with a square of American cheese. Bake until cheese has melted, about 1 minute. YUM!

MAKES 4 SERVINGS

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