

Crispy Mushroom Parmigiana

Makes 3 to 4 servings

This easy, one-pan meal is a delicious way to introduce your child to mushrooms. Your child can help by cutting the tomatoes and assembling the dish on the sheet pan.

Ingredients

- 12 ounces cocktail, cherry, or grape tomatoes, cut in half
- 1 stalk of green garlic, root end cut off and white and light green parts finely chopped
- 4 tablespoons olive oil
- 4 portobello mushrooms, stems removed and caps wiped clean with a damp paper towel
- 1 ½ cups tomato or marinara sauce (check the label to make sure there is no added sugar)
- 6 ounces shredded low-fat mozzarella cheese
- Handful of basil or parsley leaves, chopped
- Red pepper flakes (optional)



Photo: NYT Cooking

Directions

1. Heat oven to 425 degrees. Place the tomatoes on a sheet pan and sprinkle them with the chopped green garlic, half of the olive oil, and a few pinches of salt. Shake the pan to coat the tomatoes in the oil.
2. Place the mushroom caps on the pan in between the tomatoes, with the bottom side (gills) facing up. Drizzle them with the remaining half of the olive oil and sprinkle them with salt and pepper. When the oven is hot, bake the tomatoes and mushroom caps for 10 minutes. Remove the pan from the oven.
3. Fill each mushroom cap with a few large spoonfuls of tomato sauce, then sprinkle each one with one quarter of the mozzarella cheese. Return the pan to the oven and bake until the cheese is melted and golden brown, about 15 minutes.
4. Sprinkle each mushroom cap with some basil or parsley and red pepper flakes (if using).
5. Serve warm with whole wheat pasta or whole grain bread.

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