



PARMESAN MUSHROOM CASSEROLE

Intermediate Lifestyle

INGREDIENTS

¼ cup extra-virgin olive oil plus 1 TBS, divided
1 cup chopped onion
3 cloves garlic, minced
2 pounds baby bella mushrooms, sliced
3 TBS all-purpose flour
¾ TSP salt
½ TSP ground pepper
½ cup low-fat sour cream
¼ cup Parmesan cheese plus 1 TBS, divided
¼ cup chopped fresh parsley plus 1 TBS, divided
1 TBS lemon juice
¼ cup panko breadcrumbs

INSTRUCTIONS

—Preheat oven to 350°F. Coat an 8-inch-square baking dish with cooking spray.

—Heat ¼ cup oil in a large skillet over medium heat. Add onion and cook, stirring, until soft and starting to brown, about 3 minutes. Add garlic and cook, stirring, for 1 minute. In batches, add mushrooms, stirring and allowing them to cook down a bit before adding another handful, until they've lost their opaqueness but some liquid is still in the pan. Sprinkle flour, salt and pepper over the vegetables and cook, stirring, until thickened, 1 to 2 minutes. Remove from heat and stir in sour cream, ¼ cup Parmesan, ¼ cup parsley and lemon juice. Transfer to the prepared baking dish.

—Combine panko and the remaining 1 tablespoon each oil, Parmesan and parsley in a small bowl; mix with your fingers until well blended. Sprinkle the topping evenly over the mushroom mixture. Bake until bubbling and the breadcrumbs are lightly browned, 20 to 25 minutes.

SERVING INFO: (Yields 6 servings):

¾ cup = 2 V, ½ M, 1 FT

See photo of recipe at [Instagram](#) and [Facebook](#).

See recipe video at EatingWell.com → [Parmesan Mushroom Casserole](#)