

## **Baked Stuffed Mushrooms with Sausage**

1 pound (about 24) large fresh white mushrooms, cleaned  
2 tablespoons ghee/coconut oil/coconut ghee  
6 ounces bulk Italian sausage (nitrite free with no corn syrup)  
3 green onions, sliced (about ½ cup)  
1 teaspoon chopped garlic  
½ teaspoon Italian seasoning  
¼ cup Parmesan cheese, grated

Preheat oven to 400°F. Remove stems from mushrooms; finely chop enough stems to equal ½ cup and reserve. Place mushroom caps in a bowl and toss with 1 tablespoon ghee (you may need to coat each mushroom with your hands. Arrange caps cavity side up on a shallow baking pan and set aside. Heat remaining oil in a medium skillet over high heat. Add sausage, green onion, garlic, Italian seasoning and reserved chopped mushroom stems. Sauté, breaking up sausage into smaller pieces, for about 5 minutes, until cooked through and nicely browned. Remove from heat; add cheese and stir just until cheese melts. Stuff mushroom caps with sausage mixture and bake 10 to 15 minutes, until mushrooms are tender and cheese is slightly golden.