

## Lentil-Stuffed Mushrooms

12-16	medium mushrooms
¼ cup (50mL)	butter or margarine
¼ Cup (50mL)	finely chopped onions
¼ tsp (1mL)	salt
1/8 tsp (0.5mL)	freshly ground black pepper
½ cup (125mL)	cooked USA lentils (¼ cup (125ml) dry)
½ cup (125mL)	grated parmesan cheese (or Cheddar cheese)
½ cup (125mL)	dry plain bread crumbs

Preheat oven to 190 C (350 F)

Remove stems from mushrooms. Chop stems and set aside. Arrange caps in an oiled baking dish.

In a frying pan, stir together butter, chopped stems, onion, salt and pepper. Cook until onions are clear and soft.

Stir in lentils, cheese, and breadcrumbs. Remove from heat.

Stuff caps with the lentil mixture. Bake caps for 10-15 minutes, or broil them for a bout 5 minutes. Serve hot.