

## **Escargot Stuffed Mushrooms**

This is a delicious recipe that will always impress your guests and it's easy. The second best thing about it is that you can make it a head of time and when you are ready to serve this appetizer just throw it in the oven for 10 minutes to bake.

**SERVES 6-8**

### **INGREDIENTS**

24 small white cap mushrooms  
24 escargot, 1 can  
2 tsp butter  
3 garlic cloves, minced  
3 tbsp parsley, finely chopped  
3 tbsp Parmesan cheese, freshly grated (optional)  
baby spinach leaves for garnish  
salt and freshly ground black pepper

Cream together butter, garlic and parsley along with a dash of salt and pepper to create garlic-parsley butter.

Remove stems from mushrooms. I like to do that by twisting them, they will easily break off. Season the outside of the mushrooms with salt and pepper. Place them on a baking dish with cavity facing up. Insert 1 escargot in each mushroom cap. Top with herb butter.

You can keep these mushroom covered in the fridge for several hours before serving. When ready to serve pre-heat oven to 375°F. Bake for 5-10 minutes depending on their size. Serve them on a bed of greens such as baby spinach and garnish with a little bit of Parmesan cheese. Enjoy!!

### **TIP DU JOUR:**

In this recipe, 2 tablespoons of butter are stretched amongst 24 mushroom caps. Also, the mushrooms are not sautéed with additional butter prior to stuffing hence reducing farther fat content in this delicious snack. Parmesan cheese has a very sharp and distinct flavour hence a small amount can be used for a large quantity and maintain big flavour. However if you want to restrict further fat content in this recipe use low-fat grated cheese or no cheese at all.

If you can not find small mushrooms then substitute with medium sized mushrooms. To compensate for the larger cavity you might need to place 2 escargots to fill the cap. They will equally be delicious but may become a 2 bite appetizers.