

GARLIC PARMESAN FRIED MUSHROOMS

Air fryer recipe

www.janevaskitchen.com

Ingredients:

1 C. (3.4 oz.) baby bella mushrooms, quartered

2 T. liquid egg whites

1 Ideal Protein garlic parmesan croutons packet (crushed to crumbs)

Olive oil cooking spray

Sea salt, to taste

Directions:

1. In a medium mixing bowl, toss the mushroom quarters in the egg whites to coat.
2. Spread crouton crumbs out in a shallow bowl. Add mushrooms, and lightly toss with a spoon to coat.
3. Spray an air fryer basket with olive oil cooking spray. Place breaded mushrooms in a single layer in the basket; lightly spray mushrooms with cooking spray.
4. Cook 10 minutes at 350 degrees. Sprinkle with sea salt before serving.

Servings:

Entire recipe yield = 1 C. veggies (the croutons are allowed 1 per day as an extra)

TIP: Delicious served with a dipping sauce of Walden Farms blue cheese dressing combined with some Buffalo sauce.

For more recipes like this, Janeva's Ideal Recipes Phase 1 cookbook is available at www.janevaskitchen.com offering 318 Phase 1 journey recipes. A portion of the proceeds from the sale of the cookbooks supports Samuel's House Foundation, Janeva's late son's charity helping to feed hungry children.

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