

**Skinny Fake Fried Mushrooms**

* 1 pound of White Button Mushrooms
* 1 egg
* ½ cup all purpose flour
* 2 tablespoons of pepper (you can use less, but yummy)
* 4 tablespoons of grated Parmesan
* 1 tea spoon garlic salt
* 1 teaspoon of onion powder
* 1/8 cup Hot sauce
1. Preheat oven to 425
2. Mix flour will all dry ingredients
3. Crack and beat raw egg
4. Clean mushroom with paper towel (don’t wash with water), trim bottom of stems leaving attached
5. Dip mushroom in egg wash (if you want hot sauce – dip in hot sauce then egg)
6. Dredge in flour mixture
7. Place on baking tray
8. Cook for 15-20 minutes
9. Check increasing heat to 450 watch careful to make golden brown
10. Remove and eat ( you can dip ranch or blue cheese)

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