**Re-done Recipe: Stuffed Mushrooms**

Submitted by Carmen of San Antonio, Texas, participant in Rx for Better Breast Health

**Ingredients:**
- 18-24 whole mushrooms
- Smart Balance buttery spread
- 4 oz. skim Queso Panela
- 15-20 fresh basil leaves (medium to large)
- ½ cup Sunflower seeds
- 4 oz. Julienne-cut “broccoli slaw” (has broccoli and cabbage)
- Black Pepper (can substitute or add turmeric, red chile, or garlic salt)

**Preparation:**
1. Preheat the oven to 450 degrees.
3. Chop basil leaves and Queso Panela into small (half-inch) pieces, mix, and stuff mushroom caps.
4. Sprinkle tops with black pepper and other spices if desired.
5. Add a drop of olive oil and 4-6 sunflower seeds to each mushroom cap.
6. Place in 450 degree oven for 12 minutes.
7. Remove and top each mushroom cap with julienned broccoli slaw.
8. Serve warm.

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**The Son’s Slaw**

Submitted by Terri of San Antonio, Texas, participant in Rx for Better Breast Health

**Ingredients:**
- 3 cups broccoli slaw (shredded raw broccoli)
- 1 head shredded cabbage
- ¼ cup nonfat Greek yogurt
- 2 tablespoons mayonnaise
- 1 tablespoon freshly squeezed lemon juice
- 1 tsp. fresh lemon zest
- 1 tbsp. apple cider vinegar
- 2 tsp. honey
- 1/8 cup chopped fresh parsley leaves
- 1 green onion chopped
- ¼ tsp. House Seasoning (1 cup salt, 1/3 cup pepper, ¼ cup garlic powder)

**Preparation:**
1. Combine the broccoli slaw and cabbage in a large bowl.
2. Whisk together the yogurt, mayonnaise, lemon juice, and zest, vinegar, honey and House Seasoning (to make the House Seasoning, mix the salt, pepper, and garlic powder together).
3. Pour the dressing over the slaw and toss well to coat.
4. Add the parsley and green onions and toss again.
5. Cover with plastic wrap and chill for 1 hour before serving.

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Chef Iverson Brownell Recommends
Add 1 tsp. fresh chopped ginger and mix with ingredients in Step 2!